



THE COMPANION

NOVEMBER | DECEMBER 2021



MESSAGE FROM THE CEO

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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

Greetings! I had to double check my calendar to verify this is really the last issue of our newsletter for 2021! Where did the year go?

The holidays are fast approaching. We are looking forward to many of our favorite traditions here at SSP, yet we know that once again, this season will be unique.

Please be sure to note more information in this issue about our annual Thanksgiving luncheon and annual Holiday luncheon. We want to thank Humana whose generous support will allow us to hold these events, though in a different way.

In addition, be sure to check out our upcoming events; many of which you can participate in from the warmth and comfort of your own home as they are still being held virtually.

Lastly, I ask you to consider making a one-time year end donation to support our services.

This year, we are more grateful than ever for the bond of family, friends, and you, our customers, clients, and partners.

From our family to all of yours, Happy Holidays!

Sincerely,

Theresa Collins, CEO

OFFICE LOCATIONS

2603 North Rodgers Ave.
Alton, IL 62002
618-465-3298

3403 Agnes
Alton, IL 62002
618-462-1391

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 Available!

Breakfast and lunch 7:00AM - 1:00PM, and Daily Specials from 11:00AM - 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

No reservations needed - drop in anytime! Masks are required

Group Classes and Open Gym times 7 days a week!

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. #130

FIND OUT ABOUT CAREER OPPORTUNITIES

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

www.seniorservicesplus.org/careers

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.

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

HVAC

618-465-3298 x 149

IN HOME CARE

618-465-3298 x 407

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 care giving less stressful
- Opportunity to listen, discuss, and gain a sense of understanding

For more information, call 618-772-4620.

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.

FOSTER GRANDPARENT PROGRAM FOCUSES ON HEALTH AND SAFETY



This fall, the Foster Grandparents (FGP) learned preventative measures in keeping themselves, their family, and the community well and protected.

October was National Prescription take-back month. Alton Chief of Police, Marcos Pulido, discussed safe ways expired and unused medications should be disposed of. Community Health Specialist, Elizabeth "Liz" McQuaid, trained grandparents how to administer NARCAN when someone is showing signs of an overdose. Liz also distributed free doses of the lifesaving nasal spray. "This is great training, because a member of my family suffered from addiction," said Grandma Donna.

For Breast Cancer awareness month, the Illinois Breast and Cervical Cancer Program shared local statistics surrounding Breast Cancer in Illinois. Deanna Rueter and Savannah Welch covered the eligibility requirements and services that IBCCP offers to their clients. "You know your body best, and if you suspect something isn't right, speak up to your Doctor. Be your own advocate and put your health and safety first," said IBCCP Community Navigator Savannah Welch.

In honor of Veteran's Day, the FGP collects and donates socks, underwear, thermal underwear, hats, and gloves to the Veterans Assistance Commission in Edwardsville, IL.

The program is working to get all of its volunteers placed with service activities. Currently, Grandparents serve in-person as tutors and mentors or remotely writing pen pal letters and preparing learning packets.

The Foster Grandparent Program is always happy to share information with potential volunteers and volunteer service stations. If you or someone you know is interested in learning more about the program, please call Rose Glassbrenner at 618-463-0067.



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.
- Provides volunteer opportunities to individuals aged 55 and over that live at or below 200% of the Federal Poverty Level in Madison, Macoupin, Jersey and Clinton Counties.
- Requires that all volunteers must submit to and pass the state and FBI background checks and National

Sex Offender Registry and meet annual guidelines for income, physicals and insurance if they operate their own motor vehicle.

There are no educational requirements for volunteers, but they must desire to work with children in a mentor/tutor relationship. All volunteers are matched with appropriate mentor/tutor positions based on skill level and age preferences. To apply to be a Foster Grandparent fill out an application at Senior Services Plus, Inc. 2603 N. Rodgers, Alton, IL 62002.

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

INFORMATION & ASSISTANCE

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

MADISON COUNTY:
I & A DIRECTOR
618-465-3298 EXT. # 115

I & A SPECIALIST
618-465-3298 EXT. # 119

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

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

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! I & A staff are conducting appointments via telephone or virtual. 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.



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

Attention Medicare Beneficiaries! Medicare's Annual Open Enrollment Period begins October 15th!

Are you interested in making changes to your Medicare Part D plan or Medicare health plan? The SHIP Counselors at

SSP recommend reviewing your drug and health coverage annually during Medicare's open enrollment period (October 15th - December 7th). Also, watch out for your annual notice of change (ANOC) letter that your current plan will be enforcing as of January 1st, 2022. Review this letter for rate increase, changes in benefits, and how prescriptions will be covered. This is also a great time to meet with your doctor to discuss your current medications and to determine which meds are still necessary. The SHIP Counselors at SSP are here to help you simplify this process. We can assist you with plan comparisons and enrollment, but appointment slots are filling up fast, so please call today!

Contact a S.H.I.P. counselor today in the Information & Assistance Department for more information. 618-465-3298 x115 or x119

IHEAP Illinois Home Energy Assistance Program

The Illinois Home Energy Assistance Program, administered by Madison County Community Development, will begin September 1st, and will last until May 31st 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 call you back as soon as we are able. We only accept applications for seniors 60+. 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	MONTHLY INCOME	ANNUAL INCOME
1	\$2,147	\$23,828
2	\$2,903	\$32,227
3	\$3,660	\$40,626
4	\$4,417	\$49,025

SSP MEALS ON WHEELS DELIVERING SMILES



The SSP Meals on Wheels department has delivered 200 produce bags to the seniors that are unable to leave their homes. Along with this every week the drivers continue to deliver over 800 meals.

The Pet Food Grant that we received has been kicked off and SSP continues to purchase pet food and supplies for seniors who may not be able to afford them.

A warm welcome to Gayle McElroy that recently joined the Meals on Wheels department.

If you, or someone you known is in need of meals please contact SIVNA (Southern Illinois Visiting Nurses Association) at 618-236-5863.

OMBUDSMAN

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 Ombudsmen team includes Regional Ombudsman Tracie Ramel-Smith and Community Ombudsmen Sarah Lantry, Iesha Fordson, Sam Mank, and our newest addition Courtney Waldrum! The Ombudsmen Team is starting the new fiscal year off with Residents' Rights Month, all October. We have purchased new door hangers for all our residents in our area. The door hangers state, "This is my home, please remember to knock!" On the back of the door hangers is the federal regulation in regard to Privacy in long term care facilities. Privacy is a big issue in long-term care facilities. Example: Not knocking before entering, pulling

the curtains shut before providing care, and other common issues. Our local initiative is to bring light to the Privacy issues we see every day. If you or someone you know needs a long-term care rights advocate, please call 618-465-3298 ext 127.



SCHOOL HOUSE ACRES

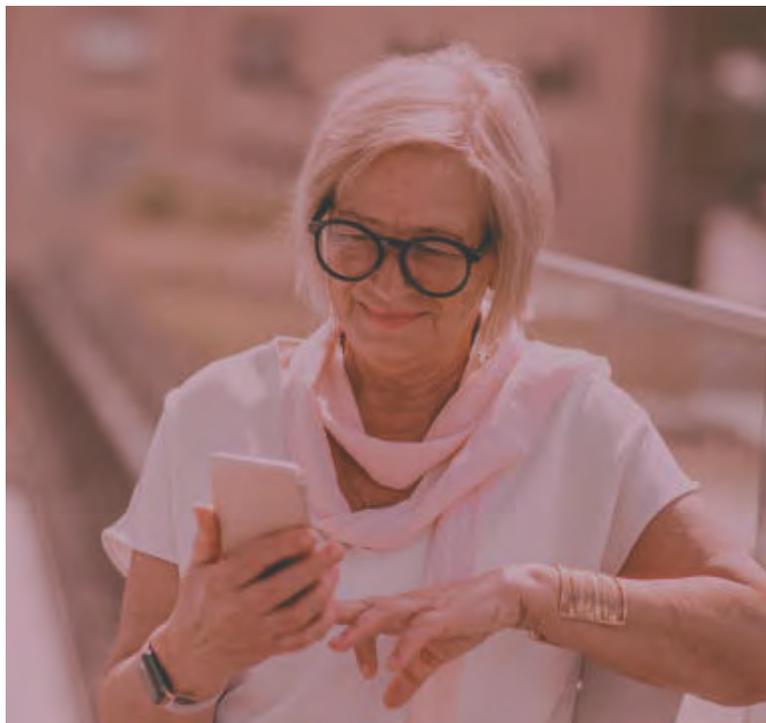
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As the seasons are changing, Schoolhouse Acres is transitioning into working on new fall projects. We are going to harvest the remaining veggies and herbs on the farm, then turn our sights towards hydroponic growing once again. The focus will be on growing lettuce, kale, and microgreens for our community. The system is currently in the process of being set up, so we hope to have some greens ready in the following months! We also hope to have our website updated so that we can provide information on all of our other products. There are many succulents and decorative plants in our nursery just waiting for their forever homes. If you are interested in learning more about the farm, feel free to check out our Facebook page or stop by SSP during the week.



We are excited to announce that progress is being made on the new barn for School House Acres. The new barn will have a storefront for a farmers' market. Please follow along with us as we watch this project come to life. We hope to share even more exciting progress photos in our next issue.

COMING SOON



ONLINE ROMANCE SCAMS

They're not just lurking on dating sites. "Romance scammers are getting close to unsuspecting women and men in online prayer groups and book groups, through online games like Words With Friends and other groups people are turning to during pandemic isolation," Nofziger says.

The scheme: Scammers typically lure their romance marks off of sites that may be monitored and onto Google Hangouts, WhatsApp or Facebook Messenger, where no one's watching. Eventually they hit you up for money.

How to avoid: Rule number one: Never send money to someone you've never met in person. And say no to requests for suggestive selfies and videos that a scammer can later use to blackmail you. "It's flattering to be told you are attractive," Nofziger says, "but it will be used against you."

Ed Barrett
Salesman
618-465-3731
Fax: 618-465-3786

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P.I.N. STICKERS

A voluntary program directed towards potentially impaired or non-verbal persons that reside within Madison County.



FAQs

What is the purpose of the stickers?

The purpose is to alert officers, allow for more effective interactions between officers and citizens, and provide assurance to residents and/or their caregivers.

Who qualifies for a sticker?

Individuals who live in Madison County with serious medical conditions or impairments that may cause them to become non-verbal.

How do I get a sticker?

You or a caretaker should visit the Madison County Sheriff's Office, TRIAD, or St. John's Community Care.

Where should I put my sticker?

Place your sticker on the back window of your vehicle or in the front of your house, but only place the sticker on glass.

The sticker is front sticking and should be placed from the inside facing out.

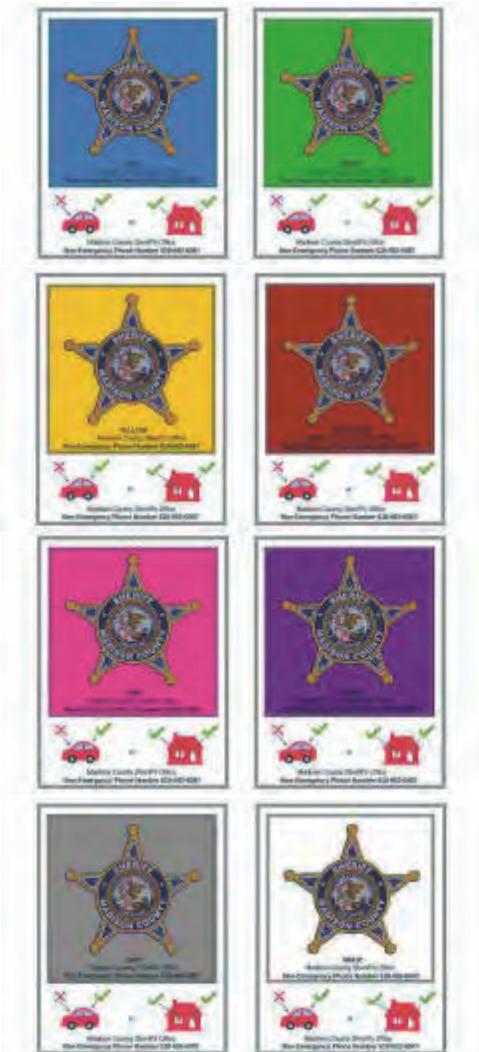
Will the sticker leave a residue?

No, it should not leave a residue.

Will the color codes be made available?

For the safety and security of program participants, the color codes will only be publicized with our local police, fire, and EMS partners.

Visit the Madison County Sheriff's Office to pick up a sticker or for more information.



A DAY IN THE LIFE OF THE NUTRITION DEPARTMENT

The nutrition department currently includes seven hard working team members. We start our day at 4 am by turning on the equipment and putting the appropriate pans of food in the ovens for delivery that day. We cater six school sites and two adult daycare sites as far as Granite City. These are the sites we first prep the food for in the morning and this will feed close to 600 people combined.

Next, we gather the food for packaging. These meals are the same meals that are on the daily special menu. We individually package one meal per day of the week for close to 1,000 home delivered clients. On Mondays we package 2 days' worth of meals, that adds up to 2,000 meals in a single day. Tuesday, we do 2 more meals for the week and on Thursday we produce for the last day. We run these

meals through an assembly line that consists of only 3 employees usually that are also multi-tasking because we are also running The Schoolhouse Grill that is open to the public at the same time for carryout meals. The meals are placed in a 3-compartment container and put onto a conveyer to run through a machine that will seal them tight. We then organize them onto a speed rack on wheels and store them in a freezer. After they are frozen, we will take a meal for each day and put them into a bag together to make what we call a "5-pack of frozen". We do this on Fridays. Throughout the week we have one team member that bags up 5 different fruit cups and five slices of bread or bun that will accompany the 5-pack of frozen.

During production, one or two of our team members will be prepping the food for the next day's production and catered sites. Everyone chips in on helping with the restaurant throughout

the day. All employees help out with the other projects we have going on as well, including keeping track of inventory, putting up stock when it comes in off the truck, cleaning and any special event or catering we may have for that day.

We are truly appreciative and proud of working for such a great agency that does great things, but especially proud and appreciative to work with such a great, hardworking team in the nutrition department. We are sometimes given what seems to be impossible tasks but we ALWAYS get them done!





A GOOD PLAN NOW IS A GOOD DECISION SPROUTING.

Grow your confidence for your assisted living and memory care search. **Join us on the Patio for a tour and a chat.** Our weekly Patio Party gives you a quick, friendly introduction to our community.

PATIO PARTY

Meet you on the Patio for conversation and a community tour.

3:00 p.m. to 4:00 p.m.

EVERY THURSDAY

3450 Village Lane • Granite City, IL 62040
RSVP • (618) 230-3140 or email granitecity@cedarhurstliving.com



WHAT BLOOMS FOR YOU TOMORROW DEPENDS ON WHAT YOU DO TODAY.

*Cedarhurst Promise™ program is only available at advertised community. Not applicable for respite or other short-term stays. Refund is available only if move out is a result of dissatisfaction with Cedarhurst community as documented throughout stay. Complete refund includes base rent, level of care charges, and community fee. Ancillary services fees (ex. additional transportation, pet fees and laundry charges) do not qualify for refund. Additional terms and conditions may apply. Please contact community for additional details. Void where prohibited.

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HOME REPAIR GRANTS

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GET YOUR HOME
REPAIR COSTS

COVERED UP TO
\$500

CONTACT US AT
465-3298 X 149 FOR
ADDITIONAL INFO.

QUALIFICATIONS

- Must own your home
- Live within Madison County
- Be age 60 or older
- Must fall within Income Guidelines
 - 1 Person Household - \$2,147 per month
 - 2 Person Household - \$2,903 per month
 - 3 Person Household - \$3,660 per month
 - 4 Person Household - \$4,417 per month



2603 N. Rodgers ave. Alton, IL 62002 seniorservicesplus.org/handyman_services

GET YOUR HOME REPAIR COSTS

COVERED UP TO
\$2,333

CONTACT US AT 465-3298 X 149
FOR ADDITIONAL INFO.



QUALIFICATIONS

- Must own your home
- Live within Madison County
- Be age 65 or older
- Must fall within Income Guidelines
 - 1 Person Household - \$1,342 per month
 - 2 Person Household - \$1,815 per month
 - 3 Person Household - \$2,288 per month
 - 4 Person Household - \$2,760 per month



2603 N. Rodgers ave. Alton, IL 62002 seniorservicesplus.org/handyman_services

The Center and LPI are aware of the issue on the previous page IT has been notified and are working on the issue



SSP IS COOKING UP SOMETHING EXCITING FOR THE HOLIDAY SEASON!
STAY TUNED FOR THE RELEASE OF OUR NEW FUNDRAISING COOKING,

SOMETHING OLD SOMETHING NEW



Lounge Comfortably in Your Living Room with These Energy-Saving Tips



ENERGY EFFICIENCY PROGRAM

From movie nights to a family gathering space the following simple projects can help you improve comfort, manage, usage, and reduce costs.

Adjust the thermostat

For even more savings year round consider upgrading to a smart thermostat that can automatically adjust your heating and cooling needs during any season. For more information on how to obtain a smart thermostat, visit AmerenIllinoisSavings.com/Smart.

Make your ceiling fan match the season

Your fan has two settings, clockwise and counterclockwise, which need to be changed twice a year to help keep your living room at the ideal temperature. During the winter your fan should rotate clockwise to pull cold air up to the ceiling and force warm air down and out toward the walls. When the weather starts to warm up flip the switch to the counterclockwise setting so you feel a cool breeze.

Keep your air fresh

If you find you are spending more time indoors consider adding an air purifier or dehumidifier to your home. You can control excess moisture in the air and remove air contaminants to keep your air quality high and decrease unpleasant odors in your home. For information on how to purchase a dehumidifier or air purifier with a rebate from Ameren Illinois, visit AmerenIllinoisSavings.com/Rebates.

Enjoy your fireplace

Use your fireplace to make you more comfortable on those chilly fall nights. When your fireplace is not in use be sure to keep your damper closed to prevent any heat in the winter from escaping right up the chimney.

When you've checked all of the fall projects off your to-do list find ways to save energy in the winter! For more energy-saving tips, visit AmerenIllinoisSavings.com/Tips.

Call us at **1.866.838.6918.**

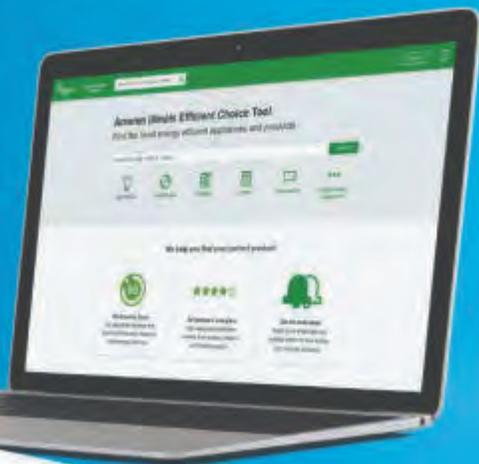


ENERGY EFFICIENCY PROGRAMS

COMMUNITY PARTNER



**THE AMEREN ILLINOIS
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ENERGY AND MONEY.**



Ameren Illinois is committed to helping customers find ways to improve comfort, manage usage, and reduce costs. The Ameren Illinois Efficient Choice Tool is a free tool that can assist you in your purchase of energy-efficient products and appliances.



ENERGY EFFICIENCY PROGRAMS
COMMUNITY PARTNER

Ready to start shopping — and saving?
Visit AmerenIllinoisSavings.com/EfficientChoice

TIPS FOR STAYING HEALTHY FOR THE HOLIDAYS

Written by Dustin Heiser Wellness Center Manager

Fitness Nutrition Specialist and Senior Fitness Specialist

The Holidays are a special time for celebration which typically comes along with a break from work, school, or the usual routine. These special times can commonly bring with them special challenges to an individual's physical fitness and healthy lifestyle. Challenges to healthy living that often coincide with the Holiday season include: long bouts of travel, increased calories from holiday eating, disrupted sleep schedules, and occasionally increased stress levels. Here are some tips for staying healthy celebrating the holidays despite any added challenges.

PREPARE FOR BETTER HEALTH AND AVOID OR DISRUPT LONG BOUTS OF SITTING

Whether you are traveling by car, train, or plane try to avoid the unhealthy effects of long bouts of sitting. Make sure you are prepared for healthy exercise by packing your bags with active clothes and equipment. This can include: Active shoe wear, exercise clothes, swim suits, and yoga mats, and light weight exercise equipment.

TAKE THE TIME TO BE ACTIVE DURING TRAVEL AND PLAN AHEAD

This can include but is not limited to; walking and stretching when stopping to fuel up your car. If you're delayed at an airport instead of sitting at your gate, get up and walk the terminals. Also, plan ahead and be prepared for your workout as soon as you arrive to your destination. Plan where you will be exercising, whether that is at the hotel fitness center, or possibly at a local park or gym. If the weather does not permit outdoor activity research a facility that offers indoor options, perhaps indoor exercise classes or an indoor walking track.

EXERCISE CAN LOWER STRESS LEVELS AND BURN ADDITIONAL HOLIDAY CALORIES

When stress levels and calories ingested go up with the holidays, counteract increased calorie intake with exercise bringing your body back to



a healthier state. As a tip, try going for a group walk or hike after the family gets together for the celebratory meal. Exercise can not only lower stress levels but also promote higher quality and more restorative sleep. Use these tips to make your holidays not only, joyous, wonderful and heartfelt, but also 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

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!

INDOOR PICKLEBALL AT SSP THIS FALL AND WINTER

It can be hard to make it to outdoor courts due to inclement weather. Whether it be a cold and rainy day, or a windy and snowy one, if SSP Wellness Center is open, come in and enjoy our indoor Pickleball court.

On the first and third Thursdays of each month at 12:00 PM, learn how to play pickleball with a skilled player with our Intro to Pickleball Class on our indoor court! (A pickle player needs to be physically able to move quickly at times and be steady on their feet)

Pickleball open-court hours are Thursdays from 1:00PM – 2:00PM. Friday from 4:00PM – 8PM, and Saturday and Sundays from 10:00AM – 3:00PM. Limit of 10 people per hour. Come and join the fun with members ready to play.

Pickleball private play is available when you 'Reserve the Court'. You and one other, or a small group, can reserve the pickleball court for an hour at a time for private play.

Pickleballs, Net, and paddles will all be provided for all of these SERVE-ices.

You can reserve your spot on the court by phone at 618-465-3298 ext. 109, online, or in person at the Wellness Center reception desk.



TRY OUR PICKLEBALL PASS

Drop-in fee is \$6 for non-wellness center members

AT SSP WELLNESS CENTER WE OFFER AN INTRODUCTION TO PICKLE BALL (FOR BEGINNERS), OPEN COURT TIMES, OR RESERVE THE COURT ON THE WEEKENDS!

FOR MORE INFORMATION, CONTACT US AT 618-465-3298 EXT. 109.

PICKLE BALL

- RESERVE A COURT TIME
(6 players max - 2 players min to reserve)
Friday 5:00PM - 8:00PM
Saturday 10:00AM - 3:00PM
Sunday 10:00AM – 3:00PM
 - OPEN-COURT: WALK-IN'S WELCOME
(10 players max)
Thursday 1:00-2:00pm
Friday 4:00-5:00pm
- Reserve your time by Phone 618-465-3298 Ext 109.
or online at bit.ly/3gAddfp



VITAMIN C : AN ESSENTIAL VITAMIN NEEDED IN OUR DIET

Written by Dustin Heiser, Wellness Center Manager
Fitness Nutrition Specialist and Senior Fitness Specialist
Consuming a healthy and balanced diet has proven to be beneficial both, physically and mentally. A balanced diet includes eating a lot of vegetables and fruits. Whether it's from having more energy throughout the day, or the ability to get well from things like the common cold faster, fruits and vegetables rich in antioxidants like vitamin C are essential. The immune system is your bodies host defense system against pathogens and is strengthened with consumption of Vitamin C.

Vitamin C is not formed in the body and must be either found in one's diet or supplemented. Vitamin C is categorized as an antioxidant because of its protective qualities against free radicals. The daily value, or DV for vitamin C is around 65-90 mgs. Common foods that contain vitamin C include: guavas, kiwis, green peppers, strawberries, oranges, cabbage, kale, spinach, and broccoli. Kiwis are especially plentiful in this vital vitamin with a remarkable, 165 mgs per cup. This amount alone would provide for roughly 185% of a person's DV. Vitamin C is water a soluble vitamin, meaning it rarely builds up to toxic levels because most excess intake will be excreted in the urine.



The immune system is undoubtedly of the utmost importance for maintaining and regaining a person's health. Make sure to follow a healthy diet and perform a healthy amount of exercise to support your immune system. Adequate amounts of antioxidants such as vitamin C can easily be implemented into most people's diets. Living a healthy lifestyle includes eating foods that assist with a person's natural homeostasis. Healthy foods combined with a healthy amount of exercise can assist in living a long, active, and fulfilling life.

2ND ANNUAL TURKEY TROT

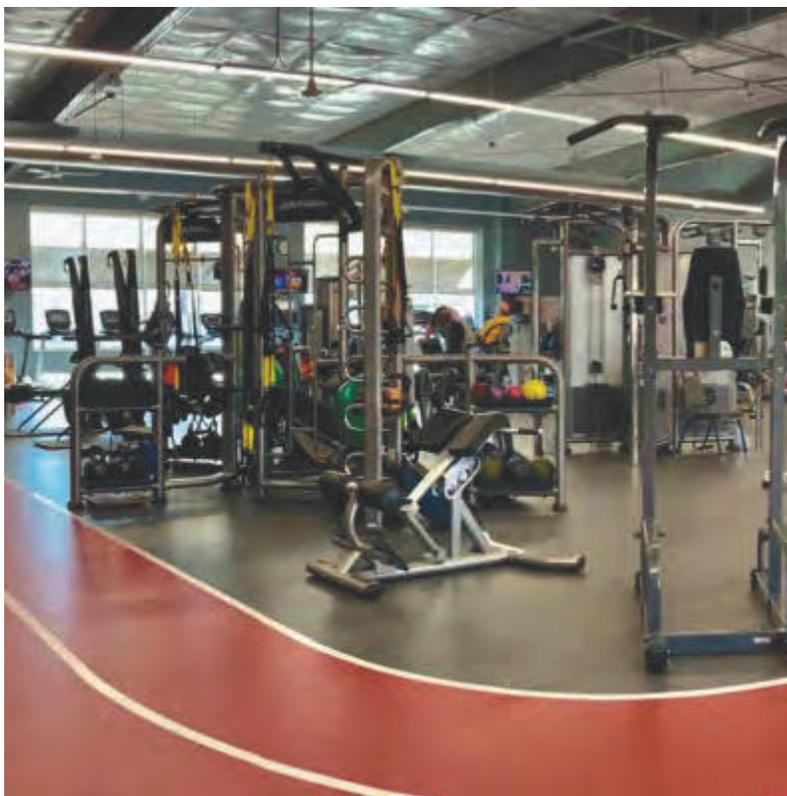
A great way to help support SSP and burn off those extra calories from Thanksgiving dinner! This walk-a-thon is being held the entire week of Thanksgiving November 22nd-28th. Participants will be given 1-hour to walk laps around our indoor track and rack up donations! Prizes for most donations collected and most laps walked!

Pre-registration is required to participate, please call (618) 465-3298 Ext. 109. You can also sponsor a SSP Turkey Trot Participant by pledging a per-lap donation! Or offer a one-time donation to help us reach our goal. Deadline to register and get a Turkey Trot T-shirt is November 8th

To Donate, Visit the Event Website:

app.99pledges.com/fund/SSPTurkeyTrot2

Donations are going to support SSP Wellness Center



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 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.

SSP

DID YOU KNOW...

Medicare supplement plans, United Healthcare, and other insurance plans offer fitness incentive programs?

YOU COULD BE ELIGIBLE FOR A FREE FITNESS MEMBERSHIP AT SSP WELLNESS CENTER

Call us at 618-465-3298 Ext 109 to check your eligibility.
Please have your insurance information ready.

Membership programs we accept:

SilverSneakers RenewActive Silver&Fit Active&Fit

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GET FIT 9:00AM MERRI	POWER YOGA 7:00AM JUDY	GET FIT 9:00AM MERRI	POWER YOGA 7:00AM JUDY	GET FIT 9:00AM AJ	YOGA 9:00AM ANDREA
T'AI CHI 10:00AM JERRY	GET FIT 8:00AM KATHERINE	T'AI CHI 10:00AM - 11:30 JERRY	GET FIT 8:00AM KATHERINE	CHAIR YOGA 12:00PM GAIL	<h2>Hours</h2> <p>Monday-Friday 6:00am-8:00pm Saturday 7:00am-3:00pm Sunday 10:00am-3:00pm</p> <p>For more information call 618-465-3298 ext: 109</p>
CHAIR YOGA 12:00PM GAIL	BALANCE & FLEXIBILITY 9:00AM KELSI	SIT TO FIT 1:00PM AJ	BALANCE & FLEXIBILITY 9:00AM KELSI	SIT TO FIT 1:00PM AJ	
SIT TO FIT 1:00PM AJ	ZUMBA GOLD 10:00AM KUNIKO	BODY BAR 4:00PM KATHERINE	ZUMBA GOLD 10:00AM KUNIKO	ROCK STEADY BOXING LEVEL 4 2:30PM - 3:30PM DUSTIN	
ROCK STEADY BOXING LEVEL 3 2:30PM - 3:30PM DUSTIN & MAC	YOGA 11:00AM ALY	SPINNING 5:00PM KARI	YOGA 11:00AM ALY	PICKLEBALL OPEN COURT 4:00PM - 5:00PM	
BODY BAR 4:00PM KATHERINE	ROCK STEADY BOXING LEVEL 4 2:20PM - 3:30PM DUSTIN & MAC		INTRO TO PICKLEBALL 12:00PM RUBY		
SPINNING 5:00PM KARI	HIT TRAINING 4:00PM MARK		PICKLEBALL OPEN COURT 1:00PM - 2:00PM		
	ZUMBA 4PM ABBY		ROCK STEADY BOXING LEVEL 3 2:30PM - 3:30PM DUSTIN & MAC		<h2>Pickle Ball</h2> <ul style="list-style-type: none"> Reserve a Court Time (6 players max - 2 players min to reserve) Friday 5:00PM - 8:00PM Saturday 10:00AM - 3:00PM Sunday 10:00AM - 3:00PM Open-Court: Walk-In's Welcome (10 players max) Thursday 1:00-2:00pm Friday 4:00-5:00pm <p>Reserve your time by Phone 618-465-3298 Ext 109, or online at bit.ly/3gAddfp.</p>
	KETTLE & CORE 5:00PM CONNOR		HIT TRAINING 4:00PM MARK		
			ZUMBA 4:00PM ABBY		
			KETTLE & CORE 5:00PM CONNOR		

Color Code for Intensity Level

- LOW INTENSITY** (Green)
- MODERATE INTENSITY** (Yellow)
- HIGH INTENSITY** (Orange)

All classes will run for 45 minutes unless otherwise noted

Winter Olympics

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

Word List:

ATHLETES
 CEREMONIES
 COUNTRIES
 FLAGS
 ICE
 NATIONALANTHEM
 SHORTTRACK
 SLALOM
 SPORTS
 UNITEDSTATES

BIATHOLON
 CHAMPION
 CURLING
 GOLDMEDAL
 LOSERS
 NORDIC
 SILVERMEDAL
 SNOW
 TEAMSPORTS
 WINNERS

BOBSLED
 COLDWEATHER
 DOWNHILL
 HOCKEY
 LUGE
 OLYMPICS
 SKELETON
 SNOWBOARDING
 TELEVISION
 WINTER

BRONZEMEDAL
 COMPETITORS
 FIGURESKATING
 HOST
 MOGULS
 PODIUM
 SKIJUMP
 SPEEDSKATING
 TORCH
 WORLDRECORDS

LOOKING FOR A FUFILLING CAREER IN THE NONPROFIT SECTOR?

SSP is an aging services leader in the community and region. To supplement our programs to keep them affordable and available, fees for service programs and revenue-generating programs benefit SSP's mission services.

Partnering with United Way, we are a part of our community, and dedicate ourselves to giving back to the people to keep our community strong.

APPLY NOW



SCAN ME!

FREE GYM
MEMBERSHIP
INCLUDED AT SSP
WELLNESS CENTER!

LEARN MORE AND APPLY AT WWW.SENIORSERVICESPLUS.ORG/APPLY

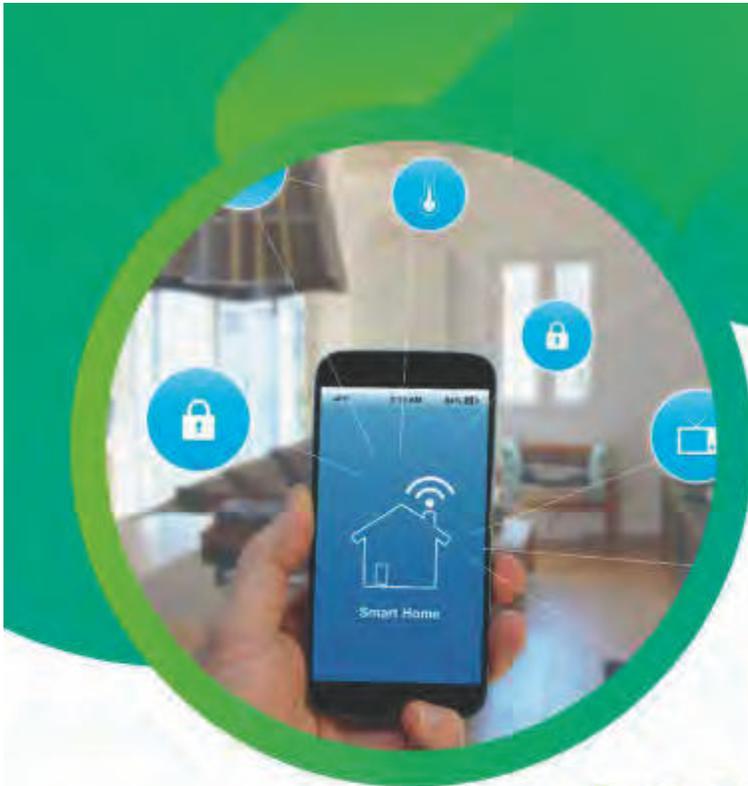
NEVER MISS A NEWSLETTER!

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





SMART HOME BLITZ



Are you 55 or older?

If yes, you are eligible for FREE smart home products!

Our trained staff will install the following items FREE to help your home become more energy-efficient and accessible!

Google Home Mini

Control lights, speakers, set reminders, and more by just your voice or by a phone app!



Smart Thermostat

Control your thermostat from your smartphone, from anywhere and much more!



Smart Plugs

Turn power off to outlets by using your Google Home!



Dusk to Dawn Porch Light

Porch lights turn on automatically during when the sun is down, creating safer conditions!



COMMUNITY PARTNER



Call Now to get Scheduled

618-465-3298 x 149

WWW.CYBERDRIVEILLINOIS.COM

Jesse White • Secretary of State

FREE

Rules of the Road Review Course

WHERE: Senior Services Plus, INC.

2603 N. Rodgers Ave. Alton, IL 62002

DATE: November 19, 2021

TIME: 1:30 PM

Pre-registration is required.

To register, please call (618)-465-3298 EXT. 100

DUE TO COVID-19 MASKS WILL BE REQUIRED WITH
IN-PERSON RULES OF THE ROAD COURSES

NOT AN AARP CLASS



CHRISTMAS QUILT FOR SALE

This year's Christmas Quilt top was put together by Carolyn Bockstruck and quilted by members of Piecemaker Quilters who have been quilting at SSP this year. The quilt is valued at \$500 and is available to purchase at the SSP front desk, located at 2603. North Rodgers Ave. Alton IL, 62002.

FOR MORE INFO PLEASE
CALL 618-465-3298 X123

DRIVE-THRU HOLIDAY SPECIALS

VETERAN'S DAY BREAKFAST

NOVEMBER 11

Served from 7am - 11am
Biscuits & Gravy w/ Hash
Rounds
Must Show ID

THANKSGIVING LUNCHEON

NOVEMBER 17

Served from 11am - 1pm

HOLIDAY LUNCHEON

DECEMBER 15

Served from 11am - 1pm

Pickup located at the SSP Headquarters 2603 N. Rodgers Ave. Alton, IL 62002

2021 SOCIAL HOURS - DOUBLE THE FUN!



To register, please visit <https://bit.ly/3iDdfGm>

DATE	PRESENTER	TOPIC
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

IN-PERSON MEMORY CAFE

**TO REGISTER, CONTACT GAIL AT
GSHAW@STJOHNSCC.ORG**

The Memory Café offers participants a safe and fun way to share their stories and socialize with others who have similar experiences. "We are delighted to be offering a Memory Café and helping people to be able to socialize with others, so they do not feel isolated." said Gail Shaw, Dementia Care Specialist – Coordinator Training & Support for St. John's Community Care. For more information, call 618-344-5008



**WHEN: EVERY 3RD THURSDAY OF THE MONTH
TIME: 1:30PM - 2:30PM
LOCATION: SENIOR SERVICES PLUS, INC.**

**AVAILABLE FOR
A LIMITED TIME!**

ADVERTISE HERE NOW!

Contact **Dan Morrissey** to
place an ad today!
dmorrissey@lpicommunities.com
or **(800) 950-9952 x5862**

WE'RE HIRING

AD SALES EXECUTIVES

**BE YOURSELF. BRING YOUR PASSION.
WORK WITH PURPOSE.**

- Paid Training
- Some Travel
- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community



Contact us at careers@4lpi.com
www.4lpi.com/careers

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ADVERTISERS**
*that Support
our Community!*

**Elias, Kallal & Schaaf
Funeral Homes &
Cremation Services**

"Family Owned & Operated"

2521 Edwards St. Alton, IL 62002

(618) 465-3571

www.staten-fine.com

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AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.

- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community
- Paid Training
- Some Travel



Contact us at: careers@4lpi.com | www.4lpi.com/careers



Steve's Service

Elm & Alby 462-8301

COMPLETE AUTO REPAIR

Wrecker Service

Emission Specialist

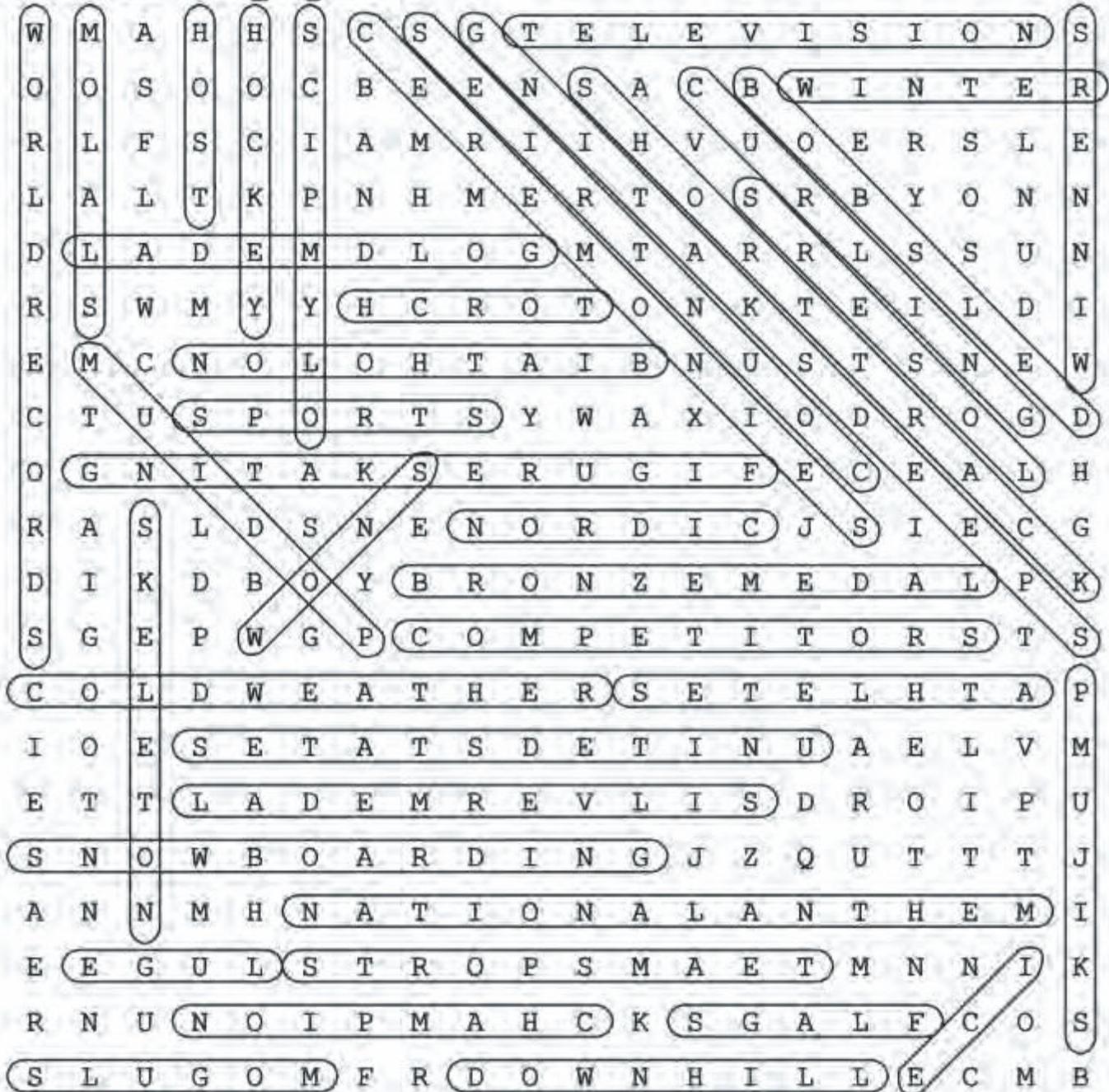


For ad info. call 1-800-950-9952 • www.lpicommunities.com

Senior Services Plus, Alton, IL

D 4C 01-1237

Winter Olympics



Word List:

ATHLETES
 CEREMONIES
 COUNTRIES
 FLAGS
 ICE
 NATIONALANTHEM
 SHORTTRACK
 SLALOM
 SPORTS
 UNITEDSTATES

BIATHOLON
 CHAMPION
 CURLING
 GOLDMEDAL
 LOSERS
 NORDIC
 SILVERMEDAL
 SNOW
 TEAMSPORTS
 WINNERS

BOBSLED
 COLDWEATHER
 DOWNHILL
 HOCKEY
 LUGE
 OLYMPICS
 SKELETON
 SNOWBOARDING
 TELEVISION
 WINTER

BRONZEMEDAL
 COMPETITORS
 FIGURESKATING
 HOST
 MOGULS
 PODIUM
 SKIJUMP
 SPEEDSKATING
 TORCH
 WORLDRECORDS

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.

<p>Questions about Medicare health plans? Call Brakeville Insurance!</p> <ul style="list-style-type: none"> • We have answers and a plan for you • You will have peace of mind and save money • We never charge a fee for our advice or service • We are licensed and qualified insurance agents • We have access to many reputable Medicare insurance companies <p>BIA BRAKEVILLE INSURANCE AGENCY 50 Years Plus</p> <p>322 State Street, Suite 207 Alton IL 62002 618 462 5221 888 741 8110 www.brakevilleinsurance.com</p>	<p>SUPPORT OUR ADVERTISERS!</p> 	<p>Contact Us For All Your Financial Needs</p> <p>Liberty Bank A UNITED COMMUNITY BANK</p> <p>bankliberty.com 618-462-7000 Voted Best Bank in the River Bend</p> 
	<p>Independence encouraged, assistance when you need it!</p> <p>Evergreen Place SUPPORTIVE LIVING</p> <p>(618) 462-1500 EvergreenSLC.com/alton</p>	<p>AVAILABLE FOR A LIMITED TIME!</p> <p>ADVERTISE HERE NOW!</p> <p>Contact Dan Morrissey to place an ad today! dmorrissey@lpicommunities.com or (800) 950-9952 x5862</p>
<p>Doctors of Audiology, much more than just a hearing aid store. Call today to start your journey to improved hearing!</p> <div style="display: flex; justify-content: space-around;"> <div data-bbox="138 1606 243 1732">  <p>Dr. Joe Hopper, FAAA Doctor of Audiology</p> </div> <div data-bbox="641 1606 747 1732">  <p>Dr. Michelle Cramer, FAAA Doctor of Audiology</p> </div> </div> <p>Hearing Healthcare Excellence! Providing professional audiology services to the local community for 28 years.</p> <p>voted #1 in the Riverbend area</p> <p>Professional Hearing Associates</p> <p>Godfrey, IL • 618-466-4444 Jerseyville, IL • 618-466-4444 Chester, IL • 618-826-4581</p> <p>ProfessionalHearingAssociates.com</p>	<p>For ad info. call 1-800-950-9952 • www.lpicommunities.com</p>	



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2603 North Rodgers Avenue
 Alton, IL 62002
 (618) 465-3298
www.seniorservicesplus.org
 NOV/DEC 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.