



THE COMPANION

JANUARY | FEBRUARY 2022

HAPPY NEW YEAR

©LPi

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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.

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COOKBOOK SALE

Pick up your copy of our Something Old, Something New Cookbook at the School House Grill or in the Wellness Center.



MESSAGE FROM THE CEO

PAGE 2

OUR MISSION

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



THERESA COLLINS, CEO

Greetings!

Happy New Year to you all! I hope that you were able to celebrate the start of 2022 in great spirits and surrounded by family and friends (in person or virtually)!

Now that we are a few days into the New Year it is a good time to look ahead and think about what the

New Year may bring us. But first, we wanted to take a quick look back.

Here at SSP, we had many new developments and achieved many successes. Each and every day we were able to see the fruits of our labor. We served over 200,000 Meals on Wheels. SSP Handyman program provided home modification or repair to hundreds in need. Our Information and Assistance team helped thousands of people with Medicare, energy assistance, license plate discounts and more. In Home Services department helped over 1,000 people remain in their homes by providing shopping, cooking, cleaning, personal care and more. The success stories go on and on.

Of course, there is still a lot of work ahead. We strive daily to enrich and enhance the lives of those we serve. We are optimistic and excited to share updates with you in the coming months. Please be sure to visit our website and like us on Facebook for more information.

I want to thank each of you again for your support and dedication. The year ahead will bring its own challenges but we are assured that by working together, focusing on our priorities and putting you, our customer, first, we can realize our ambitions.

Here is to a healthy and successful 2022!

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

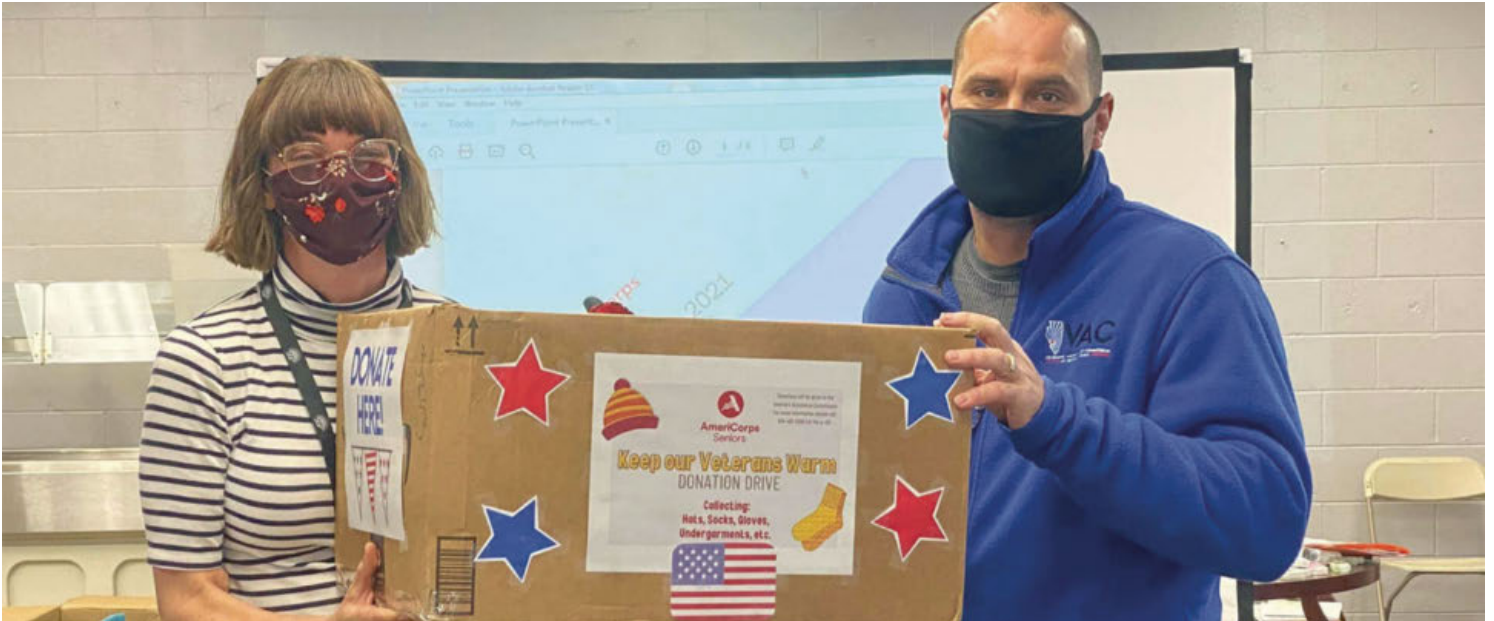
For more information, call 618-772-4620.

IN-HOME SERVICES PRIVATE PAY

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

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**, at 618-465-3298 ext. 123.



THE SSP FOSTER GRANDPARENT PROGRAM ENJOYS THE HOLIDAY SEASON.

Schools will be on holiday break soon and the Foster Grandparent Program is celebrating the holidays.

Grandparents have been helping their students prepare for the holidays by doing crafts, reading stories, writing pen pal letters, and practicing for Winter Concerts. "They are cute and I have fun working with them," said Grandma Dean from Gilson Brown Elementary.

The annual FGP Holiday Party will take place at WOW Furnishings in Alton. Grandparents will enjoy festive

games, lunch from Castelli's Moonlight, dessert from Dukes Bakery, door prizes, and recognition gifts. "I'm looking forward to seeing some of the Grandparents I haven't seen in a while," said pen pal Foster Grandma Lena.

For Veterans Day in service, FGP collected donation items of winter accessories for local veterans. At in service, office staff presented the donation items to Veterans Assistance Commission Superintendent, Brad Lavite.

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

PAGE 6

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 application, please contact the I & A Department at 618-465-3298 x115 or x119. Income guidelines are as follows:

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

OPTIONS COUNSELING

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

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), Medicaid, Medicare, Medicare Assistance Programs, and more. I & A staff are providing all the same services telephonically. If we are not able to answer your call immediately, please leave **one** detailed message and we will return your call as soon as we are able to. Most messages are returned within 24 hours depending on call volume. We appreciate your patience and look forward to helping you in any way that we can!



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

January marks the beginning of **Medicare's General Enrollment period** for Parts A and B. If you did not sign up for parts A or B when you were first eligible, you have from January 1st through

March 31st to enroll. Enrollments are handled by the Social Security Administration. Also, the **Medicare Advantage Open Enrollment period begins January 1st and ends March 31st.** During this time, beneficiaries enrolled in Medicare Advantage plans **ONLY**, can disenroll, and return to Original Medicare with a prescription drug plan or they can switch to a different Medicare Advantage plan. For questions and concerns, please contact the I & A Department at (618) 465-3298 x115 or x119.

IHEAP Illinois Home Energy Assistance Program

The 2022 program year has begun 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 get back to you as soon as we are able. For more information about IHEAP, please contact the I & A Department at 618-465-3298 x115 or x119. Income guidelines are listed below:

HOUSEHOLD SIZE	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 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 care facilities over a seven county region in southwestern Illinois. Our team includes Regional Ombudsman Tracie Ramel-Smith and Community Ombudsman Iesha Fordson, Sarah Lantry, Samantha Mank, and Courtney Waldrum.

Due to COVID, visitor restrictions have been in place since March of 2020 for all nursing homes and other long-term care facilities across the country. On November 12th, CMS issued updated guidance on visitor restrictions and IDPH followed with updated guidance on December 3rd. The updated guidance allows for all residents to have visits at all times regardless of vaccination status or if the resident is in isolation or quarantine. Family and friends can now visit residents without restrictions on the length of time of the visit and visits are no longer required to be scheduled. All visitors to facilities are required to complete the screening process upon arrival, wear the required PPE while visiting

the facility, and adhere to the core principals of infection control and prevention. If you have family or friends in long-term care facilities, our team encourages you to visit.

Our team has reestablished a routine presence in all the nursing homes and other long-term care facilities in our area and are now conducting visits at the same frequency as prior to COVID. Our team continues to promote our local initiative of promoting awareness of residents right to privacy. Our team has been speaking to residents about their right to privacy, addressing residents right to privacy at resident council meetings, and providing in-service training to staff at the long-term care facilities throughout our area. During visits at facilities, our team has focused recently on making residents and staff aware of the new visitor guidance.

If you are a long-term care resident who would like assistance or a friend or family member and have questions, please call 618-465-3298 ext. 127.

WHAT'S GROWING ON?

CROP UPDATE: HYDROPONIC LETTUCE

If you're missing purchasing fresh lettuce from farmers markets in the summer, you're in luck! Back in December, Farm Manager Raina planted some Tom Thumb Lettuce seeds and transplanted them into our Hydroponic system. This lettuce will make the ideal salad or sandwich topper! Typically, lettuce in hydroponic systems grow faster with more nutrients available for growth. We're expecting a fresh harvest of hydroponic lettuce in mid-January. These will be available for the public to purchase at our SSP Wellness Center at 2603. North Rodgers Avenue in Alton IL, 62002. We will be staggering planting new seeds to have our lettuce stocked. Be sure to follow the SSP Facebook page at @seniorservicesplus1973 to stay up to date when crops become available.

WHAT'S THE ADVANTAGE OF HYDROPONICS?

Hydroponic systems have begun to make a widespread appearance in the agricultural community. When one thinks of agriculture, they may think of fields, soil, or raised beds. Hydroponics are a modern approach of using only water, nutrients, and piping to grow healthy plants. In the typical system, there is a reservoir containing water and the proper NPK ratio of nutrients. The water is PH balanced and conditioned so that it maintains the proper level of minerals to support healthy growth. When seedlings have sprouted from rockwool cubes, they are placed inside of holes or small containers attached to the reservoir. Lights hung above the plants will come on at certain times to maintain the correct light cycle, and a timer controls water flow so that the plants may dry up to avoid root rot. In the winter time, it is necessary to control the temperature of an outdoor system with a heater. Since this method supplies the plants with exactly what they need, they typically grow much faster in this environment. There is no need to control variables such as weather, pests, or soil irrigation, which makes the growing experience very streamlined.



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TUESDAY
NOVEMBER 30**

**THANK
YOU!**

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GIFT CARD FRAUD LOSSES SOAR TO \$148 MILLION

From AARP

Gift-card fraud losses reached a “staggering” \$148 million in the first nine months of 2021, when nearly 40,000 victims bought cards for criminals, federal officials warned on Dec. 8.

The Federal Trade Commission (FTC) alert, issued during the busiest shopping season of the year, states that gift-card fraud losses from January through September surpassed those for all of 2020. The agency’s warning highlights how Target has become the most popular destination for fraudsters.

Target-branded gift cards represented \$35 million of all reported gift-card frauds, the most of any single brand. Losses resulting from card purchases at Target were much higher than for other brands popular with crooks: Google Play, Apple, eBay and Walmart.

Target was most often identified as the retail outlet swindlers instructed victims to buy gift cards from, regardless of whether the card being purchased was a Target card or another brand. Fraud victims also commonly were told to buy gift cards at Walmart, Best Buy, CVS and Walgreens, the warning states.

“Whenever someone demands to be paid with a gift card, that’s a scam. It’s just that simple,” Emma Fletcher, an FTC program analyst, cautions in a blog post. “Gift cards are for gifts, not for payments.”

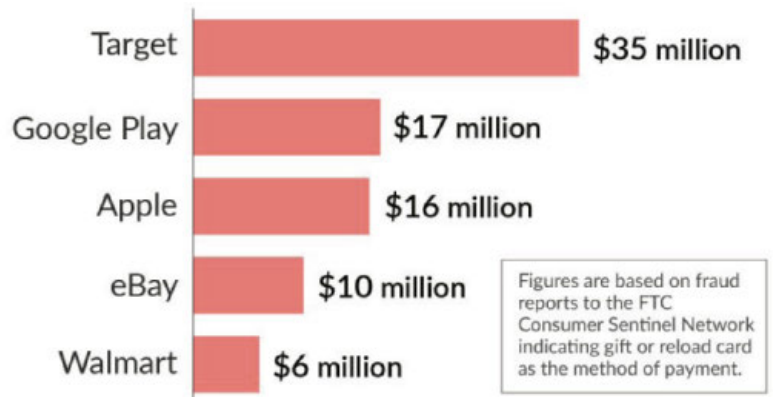
Scammers favor gift cards “because they are easy for people to find and buy,” she adds. “Scammers can get quick cash, the transaction is largely irreversible, and they can remain anonymous.”

Criminals don’t need the physical card to gain access to its funds, just the numbers on the card. Typically, the funds are depleted quickly, leaving victims empty-handed.

The new FTC data is worrisome because the “vast majority of frauds” are not reported to the government, so the data reflects “only a fraction of the harm these scandals cause,” Fletcher writes.

CROOKS POSE AS AMAZON OR APPLE EMPLOYEES

Many of the frauds analyzed occurred when a criminal posing as an employee of Amazon or Apple told victims to send them the numbers on the gift cards so they could fix a supposed security



Source: Federal Trade Commission

problem on their account, Fletcher explains. Victims reported having been contacted by a criminal who claimed to be from the Social Security Administration and told them that their bank accounts would be frozen as part of an investigation. They were told to buy gift cards to avoid arrest or to get access to their money. And some criminals who seek gift cards pretend to be a love interest, employer, sweepstakes or lottery company, or a relative in trouble.

AARP LEADS CAMPAIGN AGAINST GIFT-CARD FRAUD

AARP has a campaign to educate consumers about the danger of giving gift cards except as a present for someone they know and trust. “Anytime you are directed to pay some obligation with a gift card, it is a scam. Full stop. You can’t pay bills or taxes or tech support — or to have your Social Security number restored — with a gift card,” Kathy Stokes, AARP’s director of fraud prevention programs, said.

Aarp.org recently reported that a St. Louis woman in her 80s lost \$13,000 in less than four hours in September after a criminal told her to go to four Lowe’s home improvement stores and buy 26 Target gift cards, each worth \$500.

In response to the FTC alert, Target spokeswoman Kayla Castaneda in a statement said: “Unfortunately, gift card scams are a persistent issue across the retail industry. Target takes these crimes extremely seriously and we use a multi-layered, comprehensive approach to mitigate fraud that includes technology, team member training and collaboration with law enforcement.”

Target has “increased in-store signage to warn our guests of common gift card scams, and we’ve heightened team member education so they can keep an eye out for potentially distressed guests buying gift cards and intervene as needed,” the statement added. “We also continue to implement new technology to prevent gift cards from being abused by fraudsters.”

Never Miss

Updates & News



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seniorservicesplus.org/signup

How *you* like to live



The truth about Cedarhurst. Cedarhurst creates communities faithful to one big idea: Every person should feel loved, valued, supported and able to safely live life to the fullest. Discover senior living that unfailingly respects every individual.

The Cedarhurst Promise.™ We promise. If you're not satisfied and decide to move out within your first 60 days, we'll give you a complete refund.*

Call now (618) 230-3140 to schedule your tour.



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*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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SCHOOL HOUSE GRILL

PAGE 12

This holiday season SSP was lucky enough to be sponsored by two outside agencies to send out extra food to over 1000 people. Humana was able to fund 500 Thanksgiving meals in November and another 500 holiday meals in December. These meals were free to the public and handed out in a drive-thru fashion over two days time in those two months. Also, in these two months, AARP sponsored 120 food bags. Each month these bags were distributed to our homebound clients. We appreciate the opportunity to collaborate with these agencies in distributing these meals and would like to thank them for their generous donations. We would also like to extend our appreciation to the hardworking crew at SSP to get these meals out.





Makes a
perfect gift
for the
holidays!



Cookbook on sale NOW!

Support the mission-driven programs of Senior Services Plus, inc. by purchasing a cookbook filled with community favorites!

Cookbooks available for \$20 each at the Front Desk and the Wellness Center.



STEPS YOU CAN TAKE TO MANAGE ENERGY BILLS



Natural Gas Prices Up Nationwide

When temperatures drop, natural gas usage increases as we turn up the heat to stay warm and comfortable. You may have seen news stories about the global increase in the price of natural gas and its expected impact on heating costs. The nationwide increases in demand and resulting supply shortages caused gas prices to jump significantly.

We want you to be aware that, because of the higher cost of natural gas, winter heating bills are estimated to be at least 30% higher than they were last year - - assuming normal temperatures. Ameren Illinois purchases natural gas and passes the cost on to the customers with no mark up.

Budget Billing allows you to spread your energy costs over a longer period and avoid larger monthly bills. Under the payment plan, your bills are calculated using the average monthly bill amount based on the last 12 months. Enroll in Budget Billing at any time by signing up online at AmerenIllinois.com/Budget.

(LIHEAP) Low Income Home Energy Assistance Program grants are available to income-qualified customers. For more information on financial guidelines, and to identify an assistance agency in your community, visit HelpIllinoisFamilies.com or call 1.877.411.9276.

Warm Neighbors Cool Friends (WNCF) is a year-round heating and cooling assistance program that can help if you don't generally qualify for financial assistance from other government or nonprofit programs. Learn more at WarmNeighborsCoolFriends.org.

Energy Efficiency
Reducing the amount of energy you use will also help to lower your bill. See low cost and no cost energy savings tips and tools on the back of this flyer. Visit AmerenIllinoisSavings.com/EnergySavingsGuide for more information.

We are here to help. Visit AmerenIllinois.com or call 1.800.755.5000 and our customer service representatives will assist you.



Winter Heating Tips to Keep Bills Lower



Keep your thermostat at 68 degrees or lower this winter. You save about 3 percent on your heating costs for each degree you are able to lower your thermostat.



Smart and programmable thermostats can help reduce heating costs by allowing better control of the settings. Use these thermostats to automatically adjust the temperature of your home according to your family's schedule – lowering the temperature when you're sleeping or away and raising the temperature only when needed.



Set the temperature of your hot water heater to 120 degrees for safety and energy savings. Lowering the setting of your water heater thermostat can save in energy costs and reduce the potential for scalding.



On sunny days, open blinds or draperies on the sunny side of your house to let heat in from the sun. Be sure to close them again at night, to help keep heat from escaping.



Keep drapes and furniture from blocking air vents. Only heat the rooms you need to heat by closing vents and doors to unused rooms.



If you have ceiling fans, run them at a low speed in a clockwise direction. This produces a gentle updraft, which forces warm air near the ceiling down into the occupied space.



Be sure the damper is closed when you're not using the fireplace. Glass doors for fireplaces save energy and heat by keeping cold air from coming down the flue and preventing warm air from being sucked out of the house.



Seal air leaks to prevent heat from your home escaping or cold air coming in. Look for drafty areas and seal with caulk or weatherstripping that can save you up to 10% on your energy bill.



Replace your furnace filter every month. Air filters that are clogged with dust work twice as hard to move air through your home which requires more energy use. You'll also improve your indoor air quality.

For even more tips, tools and incentives, visit [AmerenIllinois Savings.com](http://AmerenIllinoisSavings.com).

DON'T LET THE COLD WEATHER FREEZE YOUR PHYSICAL ACTIVITY; SAFETY GUIDELINES AND WORKOUT TIPS FOR WINTER WORKOUTS.

Written by Dustin Heiser Wellness Center Manager

Fitness Nutrition Specialist and Senior Fitness Specialist

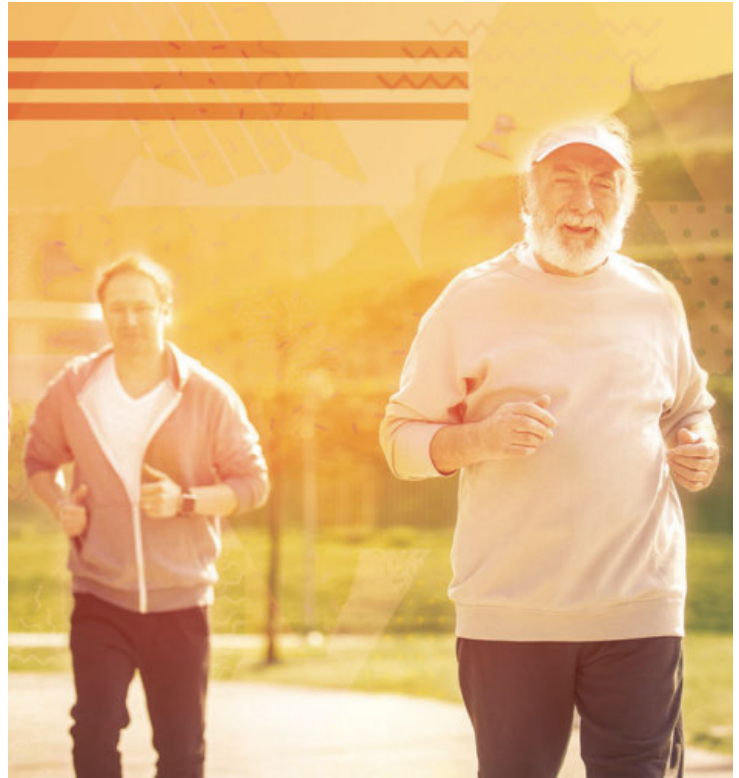
For most healthy individuals, maintaining a consistent workout or activity schedule is imperative. The winter months, and its chance for severe weather, can bring an added challenge to an individual's exercise routine. Winter workouts can be done safely, especially indoors, with proper equipment, winter attire while out-doors, and prior preparation.

With the cold temperatures that can be very common during a Midwest winter, exercising indoors when possible, can often be your best bet for success. If exposing yourself to the elements; whether it be before, during, or after exercise, wear warm clothes. To maintain your natural body heat to and from your local fitness center and to prevent the risk of hypothermia, be sure to wear insulated and moisture wicking: hats, gloves, and socks.

To get more benefit from your winter workout and to ensure ones safety, extend your warm up routine. It's true, muscles will feel tighter when temperatures are lower, so spend more time in your warm up phase during your workout. Scale your workout with the temperature. On colder days it can be helpful and more beneficial to start your activities at a slower pace than compared to warmer days.

It is important to stay hydrated all year long, but for some people this can easily be overlooked during the winter. Colder weather may inhibit your body's ability to feel thirsty, therefore some allow themselves to become dehydrated. It's very important to drink an adequate amount of liquids even when you might not have the desire to. Also, caffeinated drinks as well as alcoholic liquids can increase your chances of becoming dehydrated. With so many of the body's functions relying on proper hydration, be mindful of your water intake each and every day.

Exercise can and should be performed during the winter months on a consistent basis. Try to take full advantage of indoor facilities that offer: a safe workout environment, exercise equipment and classes, and indoor walking tracks. It can take a little extra time and preparation however, please don't let the season stop you from living a healthy and fulfilling life.



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!

INTRO TO PICKLEBALL CLASS CHANGES

First Thursday of every month from 12-1pm for the "Introduction to Pickleball class"

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



TRY OUR PICKLEBALL PASS

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

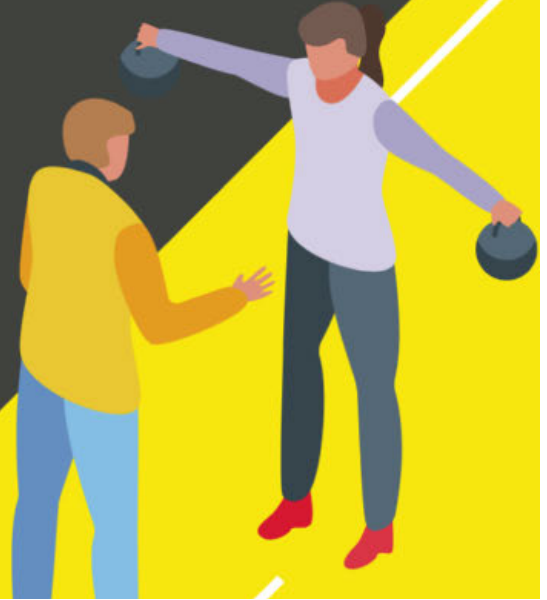
AT SSP WELLNESS CENTER WE OFFER AN
INTRODUCTION TO PICKLE BALL (FOR BEGINNERS),
OPEN COURT TIMES, OR RESERVE THE COURT ON THE
WEEKENDS!

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

NOW HIRING PERSONAL TRAINERS

*Help us serve you! Do you know someone who is a
Personal Trainer or interested in becoming certified?*

Apply at
HR@seniorservicesplus.org



Do you know anyone interested in being a Personal trainer at SSP Wellness Center? As you many of you may know, SSP's Personal Trainers primarily provide service for older adults wanting to improve their health and fitness. A nationally recognized certification will be required to ensure our members receive a high quality of service that meets, and then exceed industry standards. At SSP Wellness Center we care greatly about all of our members, clients, and community members. All applicants must be able to demonstrate agency values and strive to achieve all of the agencies performance expectations. If you are interested or anyone you might know, apply today by sending your resume, cover letter and references to HR@seniorservicesplus.org

OPEN POSITION

PERSONAL TRAINER

Job Type: Part-time | Flexible schedule within business hours
6am-8pm M-F Sat. 7am-3pm Sun. 10am-3pm

Base Salary: \$14.42 per hour

JOB SUMMARY

Under the supervision of the Wellness Center Manager the Personal Trainer is responsible for; promoting and maintaining health and fitness by teaching group fitness classes and conducting personal training sessions with wellness center members, conducting initial consultations with potential clients, facilitating initial physical assessments, and providing new members with orientations or tours of the facility. As a Personal Trainer you will develop individualized exercise programs for your clients. This will include; calling, scheduling and working to ensure the overall safety of fitness participation facility wide.

PRIMARY RESPONSIBILITIES

- Gain experience in working with senior populations
- Plan fitness routines, choose appropriate music, and choose different movements for each set of muscles, depending on participants' capabilities and limitations
- Offer scalable alternatives during classes to accommodate different levels of fitness
- Observe members and inform them of corrective measures necessary for fitness improvements
- Teach proper techniques used during physical exertion
- Instruct participants how to maximize their benefits from exercise routines
- Explain and enforce safety rules and regulations governing sports, recreational activities, and the use of exercise equipment
- Weekly incentives can be earned by reaching criteria of service hours also, set shifts may be available for those that show dedication to the agency and its members.

SKILLS AND QUALIFICATIONS:

Bachelors degree in Exercise Science preferred or Associate degree and/or experience in social service, psychology, or related field. A personal training certification from a nationally recognized organization will be required, ACE,ACSM,NASM,ISSA are preferred. Current First aid/AED Certification. Required organizational ability and communication skills. Experience working with the older adults is a plus. Must be able to bend, stoop, push, pull, reach, sit and walk for periods of time. Ability to lift 50lbs.

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
WELLNESS CENTER

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 by United Healthcare Silver&Fit Active&Fit

Monday	Tuesday
GET FIT 9:00AM MERRI	POWER YOGA 7:00AM JUDY
T'AI CHI 10:00AM JERRY	GET FIT 8:00AM KELSI
CHAIR YOGA 12:00PM GAIL	BALANCE & FLEXIBILITY 9:00AM KELSI
SIT TO FIT 1:00PM DUSTIN	ZUMBA GOLD 10:00AM KUNIKO
ROCK STEADY BOXING LEVEL 3 2:30PM - 3:30PM DUSTIN & MAC	YOGA 11:00AM ALY
BODY BAR 4:00PM KELSI	ROCK STEADY BOXING LEVEL 4 2:20PM - 3:30PM DUSTIN & MAC
SPINNING 5:00PM KARI	HIIT TRAINING 4:00PM DUSTIN
	KETTLE & CORE 5:00PM CONNOR

Wednesday	Thursday
GET FIT 9:00AM MERRI	POWER YOGA 7:00AM JUDY
T'AI CHI 10:00AM - 11:30 JERRY	GET FIT 8:00AM KELSI
SIT TO FIT 1:00PM DUSTIN	BALANCE & FLEXIBILITY 9:00AM KELSI
BODY BAR 4:00PM KELSI	ZUMBA GOLD 10:00AM KUNIKO
SPINNING 5:00PM KARI	YOGA 11:00AM ALY
	INTRO TO PICKLEBALL FIRST THURSDAY OF EVERY MONTH 12:00PM RUBY
	PICKLEBALL OPEN COURT 1:00PM - 2:00PM
	ROCK STEADY BOXING LEVEL 3 2:30PM - 3:30PM DUSTIN & MAC
	HIIT TRAINING 4:00PM DUSTIN
	KETTLE & CORE 5:00PM CONNOR

Color Code for Intensity Level

LOW INTENSITY

MODERATE INTENSITY

HIGH INTENSITY

Friday	Saturday
GET FIT 9:00AM DUSTIN	YOGA 9:00AM ANDREA
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>
SIT TO FIT 1:00PM DUSTIN	
ROCK STEADY BOXING LEVEL 4 2:30PM - 3:30PM DUSTIN	
PICKLEBALL OPEN COURT 4:00PM - 5:00PM	

Pickleball

• 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





2022

NEW YEAR'S RESOLUTIONS GIVEAWAY!

WIN A FREE YEAR OF
MEMBERSHIP!

To enter the giveaway for a free membership all you need to do is:

- 1. Like the SSP Wellness Center Facebook Page.**
- 2. Leave a comment on this flyer on our Facebook page with your 2022 Resolution.**
- 3. For additional entries tag a friend in the comments!**

Giveaway ends January 31, 2022

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



E R I G A T O N I I D C A V A T A P P I
 E V E R M I C E L L I C A G E R I R E H
 D E I O L O I V A R A A F B C N O E E C
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Word List:

AGNOLOTTI
 CAPELLINI
 DITALINI
 GEMELLI
 MACARONI
 NOODLE
 PAPPARDELLE
 RAVIOLOI
 SPAGHETTI
 ZITI

BUCATINI
 CASARECCE
 FARFALLE
 GNOCCHI
 MANICOTTI
 ORECCHIETTE
 PASTA
 RIGATONI
 TAGLIATELLE
 SEMOLINA

CAMPANELLE
 CAVATAPPI
 FETTUCCINE
 LASAGNE
 DURUM
 ORZO
 PENNE
 ROTELLE
 TORTELLINI
 EGG

CANNELLONI
 CONCHIGLIE
 FUSILLI
 LINGUINE
 MEZZELUNE
 PACCHERI
 RADIATORI
 ROTINI
 VERMICELLI

GOODBYE 2021...



6 TIPS TO START THE NEW YEAR OFF RIGHT

The start of a new year can be a time of renewal. It offers each of us an opportunity to reflect, set new goals, and start over. For many, living a healthier life is a popular New Year's resolution. If it's one of yours, we have some suggestions to help you live better in 2022.

6 Healthy Resolutions to Make in 2022

1. IMPROVE YOUR DIET

Cooking for one or two during can seem like more work than it is worth. Unfortunately, many of us often turn instead to convenience foods or fast food. Most are loaded with sodium, carbs, and calories. If you just aren't interested in preparing foods on your own, consider a meal delivery service. Blue Apron, for example, is a popular option that offers plenty of easy to make, healthy to eat meals.

2. GET MOVING

A sedentary lifestyle is now believed to be as bad for your health as smoking! It contributes to a variety of health concerns, ranging from obesity to diabetes and high blood pressure. Try to limit the amount of time you spend sitting and get up and move around throughout the day. It may help to invest in a fitness device that sends you an alert if it's been too long since you've moved.

3. CONNECT WITH AN EXERCISE PROGRAM

Another resolution to make in the new year is to exercise 30 minutes a day. Talk with your doctor for advice about the best types of exercise for you, and how much to do at first. While many people are sticking close to home because of concerns about COVID-19, there are plenty of options to exercise in the privacy of your own home. If you're just getting started, set a goal that feels achievable, like walking on a treadmill for 15 minutes in the morning and practicing yoga for 15 minutes in the evening.

4. LEARN TO MANAGE STRESS

From political strife to the coronavirus pandemic, 2020 has been a year like no other. It has been stressful for almost everyone. But living with chronic stress is bad for physical and emotional well-being. Try to learn a few stress-management techniques

you can turn to in the new year. Journaling, music, art projects, and meditation are a few to explore.

5. LAUGH MORE

If you've been feeling lonely and isolated, resolve to laugh more. Laughter is not only fun, it's also good for your health. It helps lower blood pressure and decrease the risk for depression. Remind yourself that laughter is the best medicine, whether it is talking with a funny friend on FaceTime, watching a comedy series on television, or streaming a new romantic comedy.

6. HAVE A PHYSICAL

If you've been putting off seeing your primary care physician, commit to scheduling an appointment in January. They can evaluate your health status and help schedule routine screenings that might be due. The good news is that most insurances pay for an annual wellness visit, so you won't incur any out-of-pocket expenses unless your physician orders additional testing.

Here's to a happy, healthy 2022! ©LPi



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A LIMITED TIME!**

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to place an ad today!
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or **(800) 950-9952 x2511**

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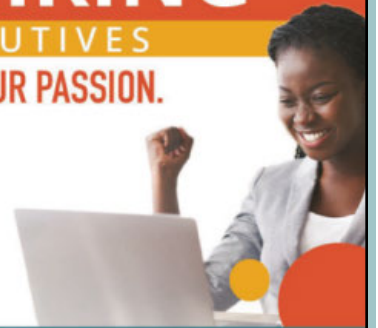
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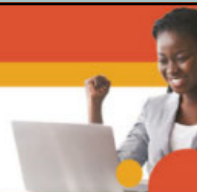
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BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.

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- Serve Your Community
- Paid Training
- Some Travel

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Senior Services Plus, Alton, IL

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Celebrate National Pasta Day!

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 E V E R M I C E L L I C A G E R I R E H
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 A T I I N A I T O R T E L L I N I V A I
 T I I O L L P A C C H E R I F O Z R R I

Word List:

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|-------------|-------------|-------------|------------|
| AGNOLOTTI | BUCATINI | CAMPANELLE | CANNELLONI |
| CAPELLINI | CASARECCE | CAVATAPPI | CONCHIGLIE |
| DITALINI | FARFALLE | FETTUCCHINE | FUSILLI |
| GEMELLI | GNOCCHI | LASAGNE | LINGUINE |
| MACARONI | MANICOTTI | DURUM | MEZZELUNE |
| NOODLE | ORECCHIETTE | ORZO | PACCHERI |
| PAPPARDELLE | PASTA | PENNE | RADIATORI |
| RAVIOLOI | RIGATONI | ROTELLE | ROTINI |
| SPAGHETTI | TAGLIATELLE | TORTELLINI | VERMICELLI |
| ZITI | SEMOLINA | EGG | |

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>Doctors of Audiology, much more than just a hearing aid store. Call today to start your journey to improved hearing!</p>		<p>Independence encouraged, assistance when you need it!</p> <p>EvergreenPlace SUPPORTIVE LIVING</p> <p>(618) 462-1500 EvergreenSLC.com/alton</p>
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 Jan/Feb 2022 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.