

# THE COMPANION

JULY | AUGUST 2021



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**BLUES BREWS & BBQ**  
11TH ANNUAL FEED THE NEED CONCERT

SEPTEMBER 18TH, 2021 | GATES OPEN AT 3 PM  
AT THE LIBERTY BANK AMPHITHEATER, ALTON IL

FEATURING ENTERTAINMENT FROM:  
**BILLY PEEK** 8:00-10:00  
RICH McDONOUGH & THE RHYTHM RENEGADES 6:00-7:30  
PAUL BONN & THE BLUESMEN 4:00-5:30  
WITH EMCEE SHAWN BALINT

TICKETS ON SALE STARTING  
JULY 2, 2021

TICKETS \$21 - ONLINE & SSP FRONT DESK  
SENIORSERVICESPLUS.WESHAREONLINE.ORG/FTN



SCAN THE QR CODE WITH YOUR  
CAMERA APP TO VISIT TICKET WEBSITE



## 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



Dear Friends,

I hope this letter finds you and your family in good health. Our community has been through a lot over the last year, and all of us are looking forward to resuming our normal habits and routines. While many things have changed, one thing has remained the same: our commitment to your safety.

Providing a clean and safe environment has always been a top priority for our organization and you may have seen this during your visits to our wellness center or café. Our cleaning and safety processes are made so that when you visit our facility, it's both safe and comfortable.

Our organization continues to follow recommendations and guidelines made by Illinois Department on Aging (IDOA), Illinois Department of Public Health (IDPH, and Centers for Disease Control (CDC).

You may see some changes when it is time for your next appointment. We made these changes to help protect our customers and staff. For example:

- Health screenings including temperature checking may be required to enter our facilities
- Masks may be required to enter our facilities
- We have hand sanitizer that we will ask you to use frequently
- Reservations may be required for dining and some activities

We look forward to seeing you again and are happy to answer any questions you may have about the steps we take to keep you, and every visitor, safe in our facilities. To hear the latest guidelines and protocol please visit our website or call us at 618-465-3298.

Thank you for being our friend. We value your trust and loyalty and look forward to welcoming back our customers, neighbors and friends.

Sincerely,

Theresa Collins, CEO

## OFFICE LOCATIONS

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

3403 Agnes  
Alton, IL 62002  
618-462-1391

2104 Cleveland Blvd.  
Granite City, IL 62040  
618-213-4980

6400 West Main St.  
Suite 1R  
Belleville, IL 62223  
618-222-9033

## BOARD MEMBERS

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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

**In Person Dining open for Daily Specials Only & Curbside Pickup Available!**

Reservations for dining are required, call to reserve your table. Congregate dining from 11:00AM - 1:00PM. Serving breakfast and lunch 7:00AM - 1:00PM. See our menu and our \$4 Senior Specials online at [www.seniorservicesplus.org/school-house-grill](http://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 still 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. #100

## FIND OUT ABOUT CAREER OPPORTUNITIES

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

## KNOW YOUR RIGHTS

Funding for the Grantee Agency is received from the United States Administration on Aging, The Illinois Department on Aging of Southwestern Illinois. Grantee does not discriminate in admission to programs or activities or treatment of employment in programs or activities in compliance with appropriate state and federal 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 118

### IN HOME CARE

618-465-3298 x 407

## REVIEW US ON GOOGLE AND FACEBOOK!



We're on **Google**  
**facebook** as:

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

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

## CARE CONSULTATIONS

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

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

For more information, call 618-465-3298.

## SSP'S CAREGIVER'S SUPPORT GROUP

MEETS THE 1ST TUESDAY OF EACH MONTH

6:30PM - 8:00PM AT CENTERSTONE

2615 Edwards Street, Alton, IL 62002

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

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

For more information, call 618-465-3298.

## IN-HOME SERVICES PRIVATE PAY

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

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.





## One-Year Service Awards:

- Brenda Jones--Essic Robinson Head Start, Alton, IL
- Franklin Fleming--Eastwood Elementary, East Alton, IL
- Donnia Thompson--Edwardsville Head Start
- Susan Walter--Brighton Step By Step
- Ruth McBride--YWCA, Alton, IL
- Freida Woods - Essic Robinson Head Start, Alton, IL

## Five-Year Service Awards:

- Clover Conley--William BeDell ARC, Wood River, IL

## Ten-Year Service Awards:

- Carol Jones--North Elementary, Godfrey, IL
- Linda Telford--Warren G. Murray Center, Centralia, IL
- Christa Tellefsen--Warren G. Murray Center, Centralia, IL

## Fifteen-Year Service Awards:

- Donald Phelps--Warren G. Murray Center, Centralia, IL

## FOSTER GRANDPARENT PROGRAM SERVES AT SUMMER PROGRAMS

The school year might be over, but the Foster Grandparent Program continues to serve the community through in person and pen pal activities.

Senior Services Plus, Inc. Foster Grandparents are volunteering at many local summer programs. Grandparents will be at East Elementary in Alton, IL, William BeDell ARC in Wood River, IL, Brighton Step-By-Step, and Woodland Park Apartments in Collinsville, IL helping tutor and mentor students. Pen pal grandparents will be writing to youth at Warren G. Murray Center in Centralia, IL and William BeDell ARC.

"I am so happy to be back with the kids," said Grandma Pearl. "They really need the extra help after being outside

of the classroom during COVID, and I get a lot of enjoyment from being there too!"

Currently, the program is not requiring volunteers to have their COVID vaccine. However, if the volunteer station mandates it, then the program will follow those guidelines. The program provides PPE items for Grandparents at every service station. FGP volunteers are eager to get back to in person services for the 2021 – 2022 school year.

FGP held its first socially-distanced event since March 2020. Over a two-day period, SSP hosted the annual FGP May Recognition party where 25 volunteers enjoyed lunch and received appreciation gifts. Those Grandparents who were unable to celebrate in-person received their meals and gifts via SSP Transportation. Centralia Foster Grandparents were treated to lunch at the Downtown Lounge in Centralia, IL.

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

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

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

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

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

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

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

## IHEAP

Illinois Home Energy  
Assistance Program

\*The I & A Department will only accept IHEAP applications for seniors 60+ The Illinois Home Energy Assistance Program, administered by Madison County Community Development, has ended its 2021 Program year. No summer cooling assistance will be offered this summer. We anticipate the next program year to begin in the fall, but we do not have finalized dates at this time.

## 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

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 telephonically. If we are not able to answer your call immediately, please leave one message. Most messages are returned by the end of the day or within 24 hours depending on call volume. We appreciate your patience and look forward to helping you in any way that we can! Please contact us at 618-465-3298 x115 or x119.

## REDUCED RATE LICENSE PLATES AND FREE TRANSIT BENEFIT

To apply or renew your Benefit Access application, please contact the I & A Department

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

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

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

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

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

## SENIOR FARMERS' MARKET NUTRITION PROGRAM

This program provides seniors 60+ with coupons to purchase fresh produce at the Farmers' Market. To be eligible for the coupons you must be 60+ and at or below the following income:

HOUSEHOLD SIZE	MONTHLY INCOME	ANNUAL INCOME
1	\$1,986	\$23,828
2	\$2,686	\$32,227
3	\$3,386	\$40,626
4	\$4,086	\$49,025





During the course of the last 12 months Senior Services Plus Inc., Meals on Wheels department has seen a drastic increase in clients. SSP serves both Madison and St. Clair counties.

When the pandemic of COVID started SSP received additional funding for new programs that included:



Care Packages = Grocery bags full of shelf stable items, cereal, canned goods and fresh produce.



Shelf Stable boxes (over 10,000 meals) = these boxes included 5 meals that could be stored and used in the event that SSP would be closed.



A new program that was started was our pet food distribution. This program was started so the clients had food for their pets and didn't have to share their meals. The Meals on Wheels drivers delivered dog and cat food to our home bound clients. We also teamed up with our Belleville, Collinsville and Granite City Senior Centers to distribute items to clients in need.



## A SURPLUS OF SUPPLIES FOR PETS IN NEED

Early this year, Senior Services Plus, Inc. was the recipient of many generous donations of pet food, monetary funds, and pallets full of cleaning supplies, treats, and other supplies. After taking care of all of SSP's Meals on Wheels clients, we were left with a surplus of supplies. To ensure the supplies were used in a timely manner, SSP visited Collinsville Senior Center and delivered surplus pet supplies and blankets donated from Ameren Illinois. Brandon (pictured above) of Collinsville Senior Center, then distributed supplies to the elderly and disabled clients of Collinsville.





## CALLING ALL GARDEN ENTHUSIASTS AND ANYONE WITH A GREEN THUMB!

We are currently looking for volunteers or groups that would like to work on our farm. This is a great opportunity to do what you love and help serve your community. The School House Acres program will provide produce for our kitchen and produce to our homebound clients that receive Meals on Wheels, which will help pay for the home delivered meals.

If interested, please contact Sean Payne @ 618-465-3298 ext. 111



## VOLUNTEERS NEEDED

## THE PIECEMAKERS



Join us!

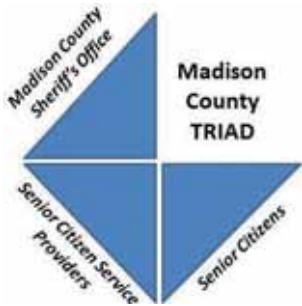


The Piecemakers  
are looking for  
more quilting  
members!

CALL US FOR MORE INFO  
618-465-3298 EXT. 123



## DO YOU FEEL ALONE & ISOLATED? NEED SOMEONE TO TALK TO?



A telephone Check-in Program is a voluntary program where seniors or families, who reside in unincorporated Madison County, can register for a weekly call from a representative of the Madison County TRIAD or Madison County Sheriff's Office.

### PURPOSE OF THE CALL:

- Provides reassurance and peace of mind to the senior and senior's family members.
- Allows the senior to voice concerns or issues they are encountering within their community.

Participants can enroll and withdraw at any time. Calls will be made at times and days that are convenient for the senior.

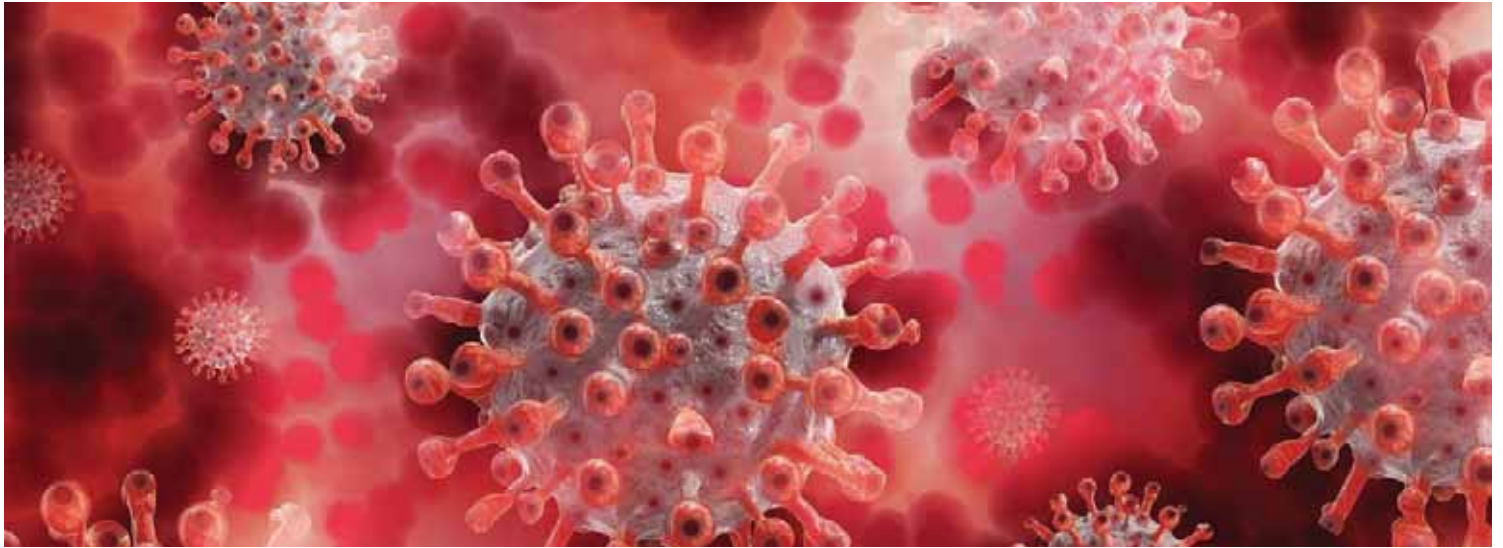
Those wanting to participate will need to fill out an application to provide basic information such as name, address, phone number, emergency contacts, medical conditions, etc.

If you want to register or have questions about the program; Please call the Madison County Sheriff's Office: 618-296-2800

## NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at [www.mycommunityonline.com](http://www.mycommunityonline.com)





## COVID SCAMS VEXING OLDER AMERICANS

BY AARP

With the demand for COVID-19 vaccines outpacing the supply, appointments are difficult to make. The conundrum has prompted scammers — hard at work throughout the pandemic — to seek new ways to steal money and personal information from older Americans, federal officials warned on Feb. 23 during an hour-long “COVID-19 Scams and Older Adults” webinar.

After scams involving fake test kits and phony cures, nonexistent cleaning supplies and bogus stimulus grants and other financial benefits (some still wreaking havoc), here's what officials said are among today's red-hot COVID-19 scams:

1. Vaccine scams. You can't pay to skip the line, reserve an appointment spot or join a clinical trial. Be wary of inbound calls or texts that ask for your Social Security number, financial details or insurance information to reserve your spot. There also have been reports of scammers impersonating local health departments and vaccine providers. Never share personal, financial or medical information with people you don't know. If your pharmacy sends you a text, don't respond; instead reach out with a phone number you know is legit.
2. Vaccine-for-sale scams. Ignore ads touting vaccine for sale from an online pharmacy or elsewhere. It is not.
3. Contact tracing scams. Genuine contact tracers will not ask for money or your Social Security number, bank account or credit card number. Nor will you be asked to disclose your immigration status.
4. At-home test kit scams. While the Food and Drug Administration (FDA) has authorized at-home diagnostic tests for COVID-19, scammers are posing

as Medicare representatives and asking for Social Security numbers in exchange for what they purport is a free test kit. Some promise overnight delivery. Don't believe it. Instead check with your health department to find a legitimate testing site.

5. Government payment scams. Government agencies will not ask you for payments via cash, gift cards, wire transfers or cryptocurrency.

6. Air filter scams. Fraudsters are emailing, texting, calling and sending letters claiming they have air filters that “will remove COVID-19 from the air in your home.” The claim is false.

7. Charity scams. Any emergency or disaster leads to a spike in fraudulent charities, so do your homework before giving, especially if the request arises on social media.

8. Errand scams. Bad actors will offer to go to the store for you or do another errand, but run off with your money without delivering the goods or performing the task. Instead of paying a stranger, ask for help from a trusted neighbor or friend.

9. Package scams. Last fall leading up to the holidays, there was a rise in text messages with links that led to websites impersonating legitimate delivery companies. Victims were asked for money or personal information for the delivery of bogus packages or goods they never ordered.

10. Peer-to-peer (P2P) mobile payment scams. Exercise caution if you are asked for a fast digital payment. The Venmo app, for example, points out that it is intended for use only between friends and others they trust. The same applies to similar apps.



## BAYOU STEW

On May 20th, Jason, Lead Chef in the kitchen, presented a live demonstration during the AgeSmart expo and showcased his skills by creating the dish "Bayou Stew". As always, Jason was very charismatic and was able to share his culinary knowledge with the public. Employees were able to taste test the finished product and can tell you it was amazing.

Jason, along with the rest of the nutrition staff, is ready and waiting for customers to feed that great food the School House Grill prepares. You can find the video and recipe, as well as other presenters with additional educational pieces, on this link:  
<https://youtu.be/xGyyF8rbM8E>

Call Chloe or Rekaya to reserve your spot in the café or order our full menu for curbside delivery @ 618-645-3298 ext. 101. Check out the full menu at [www.seniorservicesplus.org](http://www.seniorservicesplus.org).



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



# 11TH ANNUAL FEED THE NEED CONCERT

PAGE 12

## ITINERARY

3:00PM

**GATES OPEN**

4:00PM - 5:30PM

**PAUL BONN & THE  
BLUESMEN**

6:00PM - 7:30PM

**RICH MCDONOUGH  
& THE RHYTHM  
RENEGADES**

8:00PM - 10:00PM

**BILLY PEEK**



## FOOD TRUCKS

Check our Facebook Page  
@seniorservicesplus1973  
and Event Page for more  
details as we get closer.



Dance your blues away at our 11th Annual Feed The Need Concert on September 18th. Our Annual Feed the Need concerts are crucial to our Meals on Wheels program. This program allows us to combat senior hunger by delivering healthy meals directly to seniors who may otherwise be suffering from food insecurity. The cost of one frozen meal is a suggested donation of \$4.00. This helps cover the cost of food, packaging materials, delivery and more. Help us support our

most vulnerable seniors by having a great time at our concert and don't forget to snag a bite to eat from one of the food trucks, and an ice cold brew or two while enjoying the blues! Our entertainment features Billy Peek, Rich McDonough & The Rhythm Renegades, and Paul Bonn & The Bluesmen. Our Emcee will be Shawn Balint. The concert theme is Blues, Brews & BBQ. Gates open at 3:00 PM, and music starts at 4:00 PM. The concert will be held at the Liberty Bank Amphitheater.

**TICKETS \$21 - ONLINE & SSP FRONT DESK**  
**SENIORSERVICESPLUS.WESHAREONLINE.ORG/FTN**



**SCAN THE QR CODE WITH YOUR  
CAMERA APP TO VISIT TICKET WEBSITE**



Photo by Chuck Parr





**BILLY PEAK**



**RICH MCDONOUGH**



**PAUL BONN**





## Stay Cool This Summer With These Simple Energy-Saving Tips



### ENERGY EFFICIENCY PROGRAMS

Summer is the time for barbeques, trips to the pool, and frosty treats, but it can also mean higher energy bills because of cooling costs. Follow these tips and best practices to shelter your home from the sweltering heat while keeping your cooling costs under control.

**Use fans:** On those nice days when it doesn't feel as hot, turn off your A/C and use ceiling, floor, and table fans instead. Fans use a fraction of the energy that central A/C units do — so when the job can be done by a fan, pick the fan. Change the direction of your ceiling fan to counterclockwise in the summer to simulate a cool breeze.

**Concentrate your A/C:** When it is just too hot to use fans, try to concentrate your air conditioning flow to the rooms or areas of your home that you use the most. This is more energy-efficient than trying to cool your entire home. Close the vents in those rooms you don't frequently use, like spare bedrooms and the basement and only open them when you need them.

**Don't cool an empty house:** When you leave for that summer vacation, remember to turn up the thermostat so you don't cool your home when no one is there to enjoy it.

**Upgrade to a smart thermostat:** If you haven't upgraded to a smart thermostat, now is the time to do so. Smart thermostats can change the temperature automatically based on your preferences, so you can set a lower temperature when you're home and a higher temperature while you're away.

**Use a dehumidifier:** Illinois summers are known for their humidity, so combat it with a dehumidifier. Reducing the amount of moisture in the air can make your home seem much cooler, without having to turn on the A/C.

**Upgrade your cooling unit:** Because older appliances tend to be less efficient, it might be time for you to upgrade to a newer, more energy-efficient A/C unit.

Looking for more ways to make your home more energy-efficient? Visit [AmerenIllinoisSavings.com/Tips](https://www.AmerenIllinoisSavings.com/Tips) for more helpful articles and resources.

Have Questions? Call 1.866.838.6918





# LIGHT ON THE HORIZON

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

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

- » Schedule your **FREE** pickup
- » Ameren Illinois will haul away your old appliance
- » You'll receive a check for \$50

Act now, this offer ends Dec. 31, 2021.

SCAN ME



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PROGRAMS**



## TRAINER SPOTLIGHT

### Katherine Baker

My passion for helping others live a healthier lifestyle came about after losing my father to substance abuse & type 2 diabetes in 2018. In combination with being self-taught through my own fitness journey where I lost almost 40lbs, I attended LCCC for exercise science and graduated with honors with Associates in Applied Science and an Associates in Exercise Science. I'm now attending SIUe with the goal of obtaining a degree in exercise science & nutrition. My goal as a trainer at SSP is to become ACSM certified and use that knowledge to educate and empower others to make positive changes in their life, no matter what challenges it has put them through.



## MEET DUSTIN HEISER

### WELLNESS CENTER MANAGER

Dustin has been a part of the SSP Wellness Center Team since 2016 and current SSP Wellness Center Manager. He is very passionate about the health and wellbeing of this center's members and staff. He has over 10 years of experience in the Fitness industry and an extensive education in Exercise Science.

#### EDUCATION AND CERTIFICATIONS

- Bachelors of Science (Exercise Science) from St. Olaf College in Northfield MN.
- Senior Fitness Specialist from the American Council on Exercise (ACE)
- Personal Trainer (CPT) (ACE)
- Fitness Nutrition Specialist (FNS)
- Rock Steady Boxing Method
- Instructor for the American Red Cross in Adult and child First Aid/CPR/AED

## MEMBERSHIP COSTS

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

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

#### Memberships

##### AGES 16-54 (PER YEAR)

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

##### AGES 55+ (PER YEAR)

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

## HOURS OF OPERATION

### Monday - Friday

6:00 AM - 8:00 PM

### Saturday

7:00 AM - 3:00 PM

### Sunday

10:00 AM - 3:00 PM

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



## TRAINER SPOTLIGHT

Alan Bowen

Since I was little I have always had a love for fitness. Growing up I played baseball, basketball, and wrestled. This is where I started to truly understand the importance of fitness and health. I will be studying to achieve a certified personal trainer certification from the American Council on Exercise and from there I will pursue a bachelor degree in physical education so I can inspire more people to be active and live a better, happier life.

## EQUIPMENT SPOTLIGHT

### THE FUNCTIONAL MOVEMENT SCREEN (FMS)



1. Squatting



2. Stepping



3. Lunging



4. Reaching



5. Leg Raising



6. Push-up



7. Rotary Stability

FUNCTIONAL MOVEMENT SYSTEMS



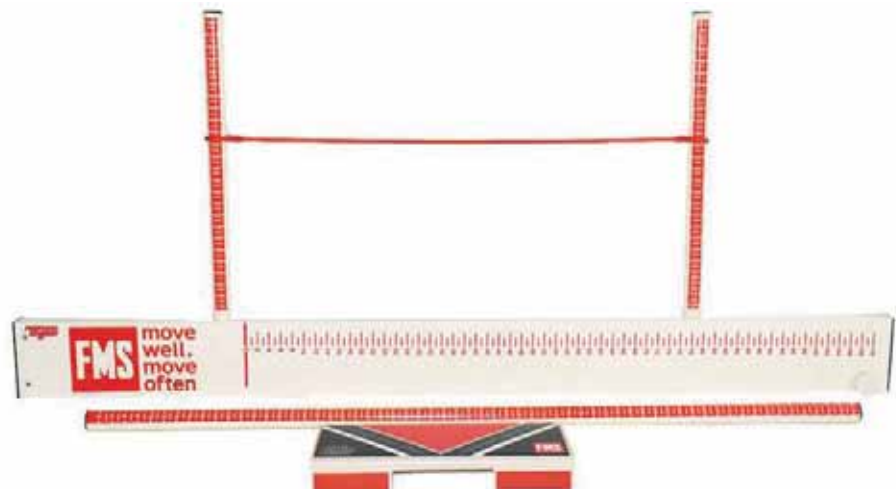
FUNCTIONALMOVEMENT.COM

This 'Equipment Spotlight' will highlight SSP Wellness Center's newest physical assessment equipment and screening tool! The Functional Movement Screen or (FMS) is a mobility and balance assessment tool used to easily measure or grade a person's mobility, efficiency movement, balance, and much more!

The Functional Movement Screen (FMS) is a screening tool used to evaluate seven fundamental

movement patterns in individuals with no current pain complaint or musculoskeletal injury. The FMS is not intended to diagnose orthopedic problems but rather to demonstrate opportunities for improved movement in individuals.

The screen is designed to place an individual in extreme positions where movement deficits become noticeable if appropriate stability and mobility are not used.





## THE MISSION OF ROCK STEADY BOXING IS TO EMPOWER PEOPLE WITH PARKINSON'S DISEASE TO FIGHT BACK.

Rock Steady Boxing, a 501 (c)(3) nonprofit organization, gives people with Parkinson's disease hope by improving their quality of life through a non-contact boxing-based fitness curriculum.

### THE ROCK STEADY BOXING SOLUTION

Various studies in the 1980s and 1990s supported the notion that rigorous exercise, emphasizing gross motor movement, balance, core strength, and rhythm, could favorably impact range of motion, flexibility, posture, gait, and activities of daily living. More recent studies, most notably at Cleveland Clinic, focus on the concept of intense "forced" exercise, and have begun to suggest that certain kinds of exercise may be neuro-protective, i.e., actually slowing disease progression. Our clients attest, and academic institutions, such as University of Indianapolis and Butler University, are reporting and documenting the improved quality of life among our boxers. Discovery of a cure may be many years away but in the last seven years, there is evidence that progress is made in all stages of the disease by those participating in the RSB program.



### ROCK STEADY BOXING AT SSP WELLNESS CENTER

We are learning every day that there are ways in which people with Parkinson's disease can enhance their daily quality of life and even build impressive power, strength, flexibility and speed! By exercising with our Coaches who know the ropes, you can fight your way out of the corner and start to feel and function better. Boxing works by moving your body in all planes of motion while continuously changing the routine as you progress through the workout. These classes have proven that anyone, at any level of Parkinson's, can actually lessen their symptoms and lead a healthier/happier life. Come in for a tour and schedule your initial consultation, at no charge, with one of our certified RSB coaches today!

### UPDATES

***ONLINE LIVE  
CLASSES ARE  
DISCONTINUED***

**DUE TO RESTRICTIONS BEING  
LIFTED. RESERVATIONS NO LONGER  
REQUIRED FOR CLASSES AND GYM  
TIMES. MASKS STILL REQUIRED.**

***GROUP CLASS  
TIMES ARE  
BEING UPDATED***

**WATCH OUR WEBSITE AND  
SOCIAL MEDIA FOR UPDATES  
ON CLASS TIMES**



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Q O I I G N I L I A S G R R N Q S N L W  
U R N G N I X O B E D O E L A E O E A I  
E L N S R O T I T E P M O C T A H V D N  
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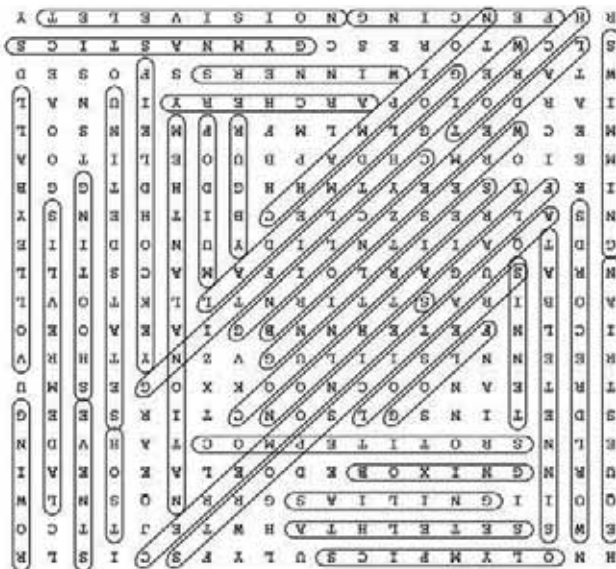
### Word List:

AQUATICS  
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FIELDHOCKEY  
GYMNASTICS  
OLYMPICS  
SAILING  
TABLETENNIS  
TRIATHLON  
WINNERS

ATHLETES  
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EQUESTRIAN  
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TELEVISION  
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WORLDRECORDS

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EVENTS  
GOLDMEDAL  
LOSERS  
ROWING  
SILVERMEDAL  
TENNIS  
VOLLEYBALL  
WRESTLING



## SPICED PECAN GRILLED PEACH SALAD WITH GOAT CHEESE

### Spiced Pecans:

- 1 egg white
- 3 tablespoons dark brown sugar
- 1 teaspoon cinnamon
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon kosher salt
- 2 cups pecan halves

### Salad:

- 1/4 cup, plus 2 teaspoons, extra-virgin olive oil or pecan oil, divided
- 1/4 cup white wine vinegar
- 1 teaspoon Dijon mustard
- 1/4 teaspoon garlic powder
- 1/8 teaspoon kosher salt
- 1/4teaspoon cayenne pepper
- 2 large peaches, halved and pitted
- 6 cups mixed baby greens
- 4 ounces soft goat cheese

**To make spiced pecans:** Heat oven to 275 F. Line rimmed baking sheet with parchment paper.

In bowl, whisk egg white, brown sugar, cinnamon, cayenne pepper and salt until well combined. Fold in pecans and mix until evenly coated. Spread in single layer on baking sheet.

Bake 45-50 minutes, stirring occasionally until pecans are fragrant and golden brown. Allow to cool completely.

**To make salad:** In bowl, whisk 1/4 cup olive oil, white wine vinegar, Dijon mustard, garlic powder, salt and pepper. Set aside.

Brush cut sides of peach halves with remaining olive oil; grill until grill lines appear and peaches become tender, about 3-5 minutes. Remove peaches and slice.

Divide greens among four plates. Top with grilled peach slices and goat cheese. Divide 1 cup spiced pecans evenly among salads and reserve remaining for snack. Top each salad with drizzle of vinaigrette.

(Courtesy of Family Features) ©LPi



## SSP LONG-TERM CARE OMBUDSMAN PROGRAM

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

Now that summer is here, our facilities are heading towards reopening fully, if they have not already. Facility re-openings will allow our residents to get back to meeting with friends and loved ones on a consistent basis, as they were able to do before the pandemic. Hopefully, this will help improve the mental health of many of our residents who suffered psychologically during the COVID lock downs and other restrictive mitigations. If you know someone living in a nursing home, please consider paying them a visit.

Now that our team is better able to access facilities, we are able to look deeper into some of the issues we were trying

to deal with remotely. We are especially looking into cases of long call light waits for bed bound residents and food quality and temperature. Many nursing homes had difficulty in providing these important services effectively and we are advocating for our residents to get better service in these and other areas.

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





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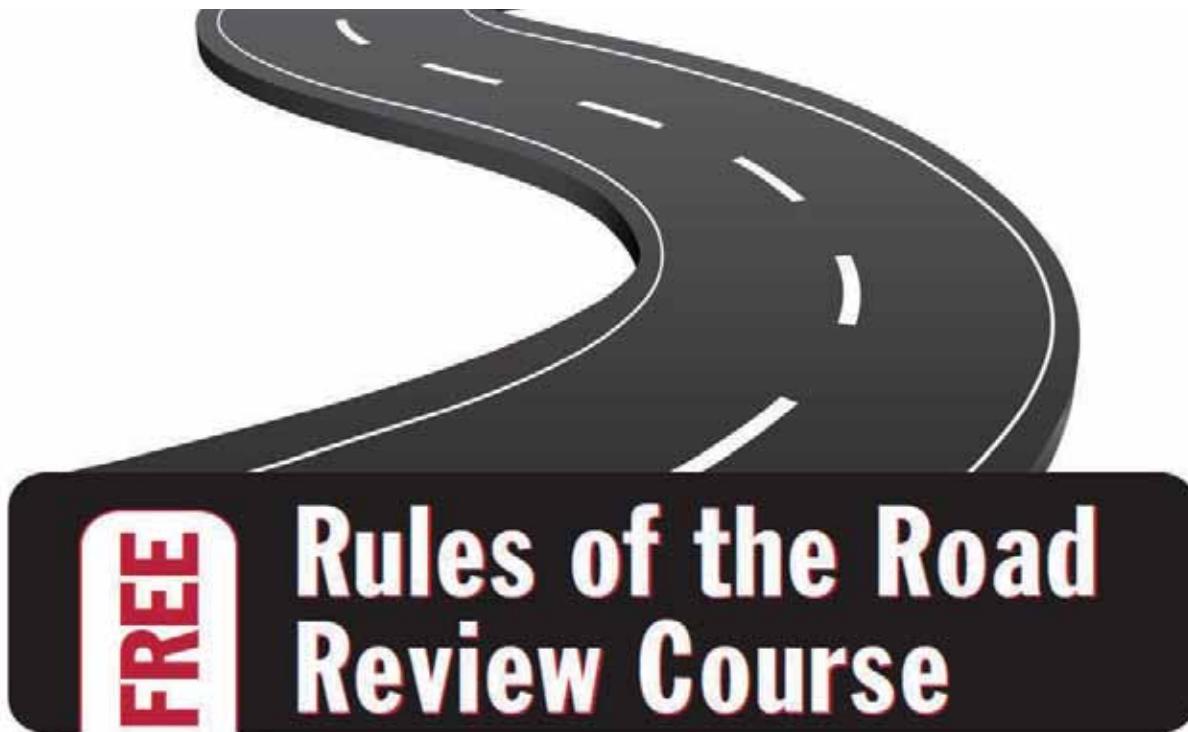
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2603, N. RODGERS AVE. ALTON, IL 62002 \_\_\_\_\_

**DATE:** AUGUST 20 & NOV 19 \_\_\_\_\_

**TIME:** 1:30 PM \_\_\_\_\_

**Pre-registration is required.**

**To register, please call** (618) 465-3298 EXT. 123 \_\_\_\_\_

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**Jesse White • Secretary of State**





## 2021 ONLINE EVENTS - DOUBLE THE FUN!

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

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

**Email Gail Shaw at [gshaw@stjohnscc.org](mailto:gshaw@stjohnscc.org) to register.**

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

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

**[www.bit.ly/3tDZue8](http://www.bit.ly/3tDZue8)**

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

**[www.seniorservicesplus.org/what-we-offer](http://www.seniorservicesplus.org/what-we-offer)**

DATE	PRESENTER	TOPIC
JUL 28	DON HUBER	History of Alton
AUG 4	DR. MARANDA TRAHAN	Myths of Challenging Behaviors in Dementia
AUG 18	JACOBY ARTS CENTER	Redesign Intervention
SEP 1	LAND OF LINCOLN LEGAL AID	TBD
SEP 15	DR. MARANDA TRAHAN	Keeping Your Brain and Body Active Throughout Dementia
OCT 6	DR. MARANDA TRAHAN	Scrub-A-Dub-Dub: Steps for Simple Showers
OCT 27	NATIONAL GREAT RIVERS RESEARCH AND EDUCATION CENTER	Bat Talk
NOV 3	SSP LONG-TERM CARE OMBUDSMAN	Ombudsman
NOV 17	THE NATURE INSTITUTE	National Hiking Day
DEC 1	LAND OF LINCOLN LEGAL AID	TBD
DEC 15	GENT FUNERAL HOME	Preplanning Funerals

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## CROSSWORD PUZZLE

### ACROSS

- 1 Baseball equipment
- 4 Turk. title
- 8 Bird
- 12 Shoshonean
- 13 Husband of Ruth
- 14 Hatred (Ital.)
- 15 Dog
- 16 Lot
- 18 Hindu god of love
- 20 Small pit
- 21 Amer. Bar Assn. (abbr.)
- 23 String of mules
- 27 Both
- 32 Uttered
- 33 N.Z. woody vine
- 34 Relax (2 words)
- 36 Viper
- 37 Tip
- 39 Hive (2 words)
- 41 At the age of (Lat.)
- 43 Interstate Commerce

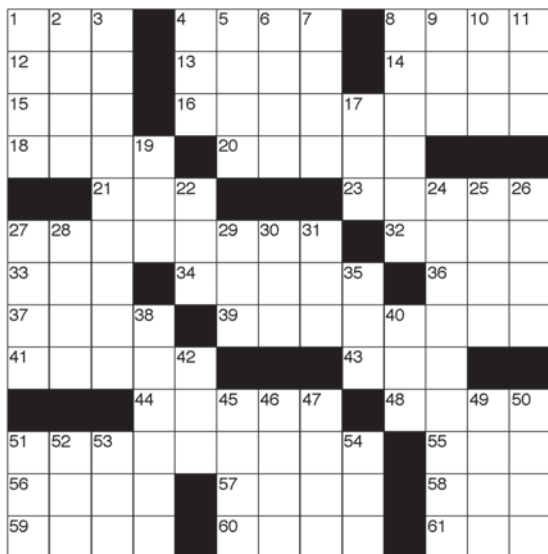
### Commission (abbr.)

- 44 Black tea
- 48 Mayan year
- 51 Soft
- 55 Inlet
- 56 Revelry cry
- 57 Letter
- 58 Legal proof
- 59 Lope
- 60 Growl
- 61 Ember

### DOWN

- 1 Cowboy's nickname
- 2 Polynesian god
- 3 Shrew
- 4 Camel hair cloth
- 5 Spoken alphabet letter
- 6 Circle of light
- 7 Black Sea arm
- 8 Vegetable
- 9 Dutch commune
- 10 Own (Scot.)
- 11 Allotment
- 17 Hyson
- 19 Presidential nickname
- 22 Atlantic (abbr.)
- 24 Monkey puzzle
- 25 Swiss card game

- 26 Gr. leather flask
- 27 Weaverbird
- 28 Migratory worker
- 29 Hebrew (abbr.)
- 30 Summer (Fr.)
- 31 Deplore
- 35 Greek letter
- 38 Pad
- 40 Scot. exclamation
- 42 Digit
- 45 Loom
- 46 Black
- 47 Alberta (abbr.)
- 49 Acquired immune deficiency syndrome (abbr.)
- 50 Hit
- 51 Large (pref.)
- 52 Polynesian drink
- 53 Law (Fr.)
- 54 Shak. contraction

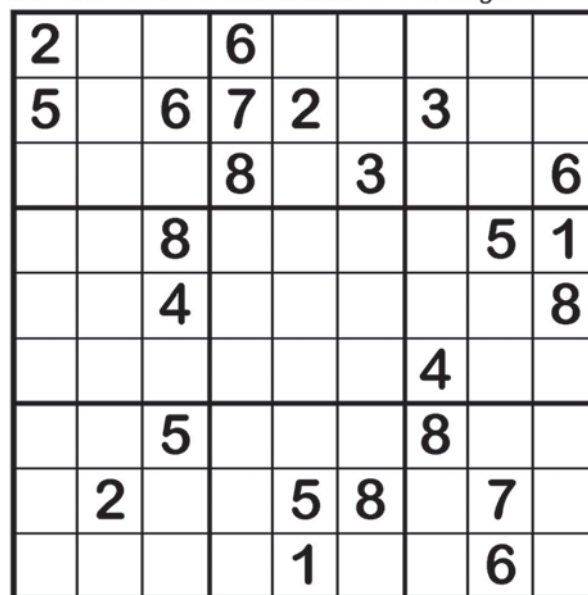


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A41



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



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DIFFICULTY: ★★☆☆

## ENIGMA™ CRYPTOGRAM

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

"GJD YQNNDS I WIP'V JDIF NDGV, GJD  
DIVQDS QG QV GK AQOO JQV VJKDV."

— IUGJKS UPRPKLP



PREVIOUS SOLUTION: "The bigger a man's head gets, the easier it is to fill his shoes." — Author Unknown



Answer to Sudoku

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

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

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

For more information, call 618-465-3298.

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July/August 2021 Newsletter

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