



STROM CENTER NEWS

Edition 331
OCTOBER, 2017

Medicare D Enrollment:
October 15 – December 7

Medicare D Programs Planned for October

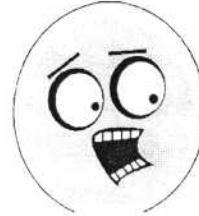
For persons who are interested in Medicare D (Prescription Drug Plans), and / or persons who have just recently or will soon turn 65, please plan to attend one of our Informational Meetings held on two dates in October. We are getting ready for a **VERY** busy season educating and enrolling persons in the most cost effective plans. It is critical that persons choose the plan that is right for them.



I have mentioned all of this information in recent newsletters, **HOWEVER....this**

information is so important both financially and health-wise, that it can't be overstated.... We will begin signing persons up for plans in mid October. However we will do 'pre-enrollments' as early as the 3rd of October. December 7th is the deadline....The plan in which you are enrolled on December 7th at midnight is the one you will be assigned for the ENTIRE year of 2018. **Again this all may sound like a broken record** but it can't be mentioned too much: Plans change, and many dramatically from one year to the next. The plan in which you are enrolled this year (2017) may be the best THIS year but it could prove disastrous for next year (2018). **EVERY** January a number of persons come to Strom distressed over the changes in their medication costs just to realize that they could have chosen a different plan which would have saved them hundreds (and yes, depending on the medications, even thousands) of dollars if they had reviewed their options and

switched plans for the new year. Some plans change their formularies, deductible amounts, and premiums. And....you may be in a plan in 2017 that will not even be available in 2018; if that happens,



Medicare will pick your replacement plan for you! **(Yikes!!)** Unfortunately, there is **NO** way to switch plans after December 7th (unless there is a change in residence and a few

other uncommon circumstances).

Persons with Low Income Subsidy A.K.A. Extra Help (maybe you qualify??) are under a different set of rules than are those with just Medicare D. We will be hosting informational meetings for **ALL PERSONS** with Medicare and will also touch upon:

- Medicare D Plan changes in deductibles, premiums, and "donut hole" amounts
- Medicare Supplement (MediGap) plans
- Medicare Advantage Plans
- Preventative Services covered by Medicare
- Various Enrollment & Disenrollment Dates
- What programs are available beyond Medicare
- Turning 65? Steps to take ...

You are invited to attend either of the Medicare D Meetings, which will be held on:

THURSDAY, OCTOBER 5: 1 – 2:30 PM

TUESDAY, OCTOBER 10: 6:00- 7:30 PM

Of course both sessions are **FREE** to everyone. Although, registration is **NOT** required, it is

recommended to ensure there are plenty of hand-outs available. Please call 734-5677 and mention which session you are attending.

FOR PERSONS WHO HAVE ENROLLED IN MEDICARE D BY STROM STAFF in the past, you know we have an efficient enrollment routine. **Yellow Medication Forms** are available which require Name, Address, Phone #, Birthdate, etc. as well as Medication name(s), dosage amounts, how often taken, and whether generics are acceptable. Once the form is completed, it can be returned to Strom; **the date it is returned is critical...**we have a "first come first served" system, appointments will be made in the order in which the form is returned. As mentioned in recent months newsletters...we will **ONLY accept the Yellow Medication Forms...NO pharmacy printouts, typed or handwritten sheets, verbal lists, or nursing home printouts will be accepted..**

A Special Note: Due to health issues which our very special friend and co-worker **Pam Allen** is experiencing, she will more than likely not be able to assist with Medicare D Enrollments this season...making it even more important to get those yellow forms in ASAP so we can schedule some additional evening and week-end appointments. Last year, we fortunately, were able to accommodate all persons, but with the increasing numbers of requests we can't guarantee that late requests will receive appointments!

OUTREACH DATES FOR OCTOBER

Lynda Accardo, I & A, Outreach, and SHIP Counselor has scheduled Outreach Visits for the following sites in Monmouth:

- **Tuesday, October 3, 9 – 10 AM:
At Oak Terrace**
- **Tuesday, October 3, 10 -11 AM:
At Costello Terrace**

Lynda will provide Yellow Medication Forms at each visit, which may be completed at that time and will be returned to Strom for appointment scheduling.

Also, during the Outreach visits, assistance with Medicaid applications, various other applications, and information on many other programs may be provided. Please feel free to call ahead of the Outreach visits if you have specific items with which you may need assistance so Lynda can schedule enough time for your visit, and / or bring specific forms which may be needed....

Outreach is available upon request at other dates & times by calling Lynda at 309 734 5677.

Happy Birthday to You...Happy Birthday to You...

Happy Birthday dear

HELEN BOOCK..Happy Birthday to you!!

Helen will be celebrating her 97th Birthday on
October 12 !!

Helen is a very special lady and certainly has made a positive difference in many lives!!!



THRIFT SHOP CORNER....

Thrift Shop Manager, Crystal Vanskike is VERY excited about the upcoming Fall Season...

"More and more Halloween costumes are displayed daily!" And knowing that colder weather is just around the corner, winter wear is now appearing on our racks.

Our October Sales feature Mens Flannels...Buy one at regular price and get the second on 1/2 off. Mens and Womens Sweatshirts and Hoodies continue to be on sale for \$1 each...but they are going fast, so hurry to buy yours!

WE ARE HAVING A TWO -DAY BAG SALE, from 8:30 AM – 4 PM on both October 19th and 20th....the Sale will be held on first floor..there will be clothes for the whole family!!! We will provide the bags...stuff them full of clothes for \$1 per bag!! On that day we will also be selling puzzles for 25 cents each and Kids Books at 10 cents each.

ANNND...we will have a BAKE SALE at the same time on the same days as the Bag Sale....We will have delicious items at reasonable prices....Sooo...come and enjoy both days with us!!

OCTOBER TRIAD SCHEDULED..



All in attendance for our September Triad meeting were provided important information on various funding sources (Medicare/ Medicaid/ Private Pay) for Nursing Home stays by Diane Cherrington, Community Relations Coordinator from Roseville Rehab and Care Center. *Thank you Diane!!* Our October Triad meeting program will be provided for by Bev VanRiper, Chairperson of the ALERT Team on Thursday, October 12th at 1 PM. This should be a very interesting program!

Reservations are not required and there are no fees to attend the monthly Triad meetings. All persons are welcome.

Triad is a meeting of Law Enforcement, Seniors, and Senior program / services providers. At the beginning of each meeting participants are encouraged to share any questionable mailings, phone calls, encounters which they have experienced. Sharing these issues can and have saved many persons from scams which are becoming more and more common and financially and emotionally threatening especially to seniors who are often the persons targeted.

Please plan to attend on the 12th! Refreshments are served.


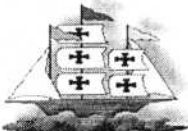







POTLUCK COMING UP.....!! Darlene Cox, Potluck Planner has announced that the next Strom Center Potluck will be held on Saturday, October 21st at Noon. Plates, silverware, cups/glasses will be furnished. Just bring whatever food dish you wish to bring. After enjoying our meal we will play Bingo. The afternoon promises to be a lot of fun so come and join us!

Just a Reminder...Strom Center will be closed on Monday, October 9th in observance of Columbus Day. No programs or appointments will be scheduled that day.

OCTOBER O.D.O....(Our Day Out) is scheduled for Tuesday, October 17th at 12:30 PM. If you are interested in a fun afternoon of card playing please give us a call (734-5677) We welcome and would love to have more persons join in!!

OCTOBER 2017 Events

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
1	2	3	4	5	6	7
	9:30 AM: Exercise 11:30 AM: Lunch	9:00 AM: Wood Carvers 9:00AM: Crafters 11:30 AM: Lunch Outreach (see article)	9:30AM: Exercise 11:30 AM: VOPA 11:30 AM: Lunch	11:30 AM Lunch Medicare Mtg 1 - 2:30 pm	9:30 AM: Exercise 11:30 AM: Lunch	
8	9	10	11	12	13	14
	 Columbus Day Strom Closed	9:00 AM: Wood Carvers 9:00AM: Crafters 10:30-11:30 Blood Press. Check by WIHH 11:30 AM: Lunch 1:00 PM: Bingo Medicare Mtg 6-7:30 pm	9:30AM: Exercise 11:30 AM: VOPA 11:30 AM: Lunch (Birthday Dinner) 	11:30 AM Lunch 1:00 pm Triad Meeting	9:30 AM: Exercise 11:30 AM: Lunch	
15	16	17	18	19	20	21
	9:30 AM: Exercise 11:30 AM: Lunch	9:00 AM: Wood Carvers 9:00AM: Crafters 11:30 AM: Lunch 12:30 PM: O.D.O.	8:30 am- 4 PM: TS Bag & Bake Sale 9:30AM: Exercise 11:30 AM: VOPA 11:30 AM: Lunch Flu Shot Clinic 9-11 am/ 1-3 pm	8:30 am- 4 PM: TS Bag & Bake Sale 11:30 AM Lunch	9:30 AM: Exercise 11:30 AM: Lunch Mind Explorer Due!	Strom Potluck at Noon!!!
22	23	24	25	26	27	28
	9:30 AM: Exercise 9:30-11 Jewelry Class 11:30 AM: Lunch	9:00 AM: Wood Carvers 9:00AM: Crafters 11:30 AM: Lunch 1:00 PM: Bingo	9:30 AM: Exercise 11:30 AM: VOPA 11:30 AM: Lunch	11:30 AM Lunch	9:30 AM: Exercise 11:30 AM: Lunch	
29	30	31	 Thrift Shop open: Mon – Fri: 8AM- 4PM Saturday: 8:30 AM– 2:30PM Thrift Shop #: 309-224-8657 			
	9:30 AM: Exercise 11:30 AM: Lunch	9:00 AM: Wood Carvers 9:00AM: Crafters 11:30 AM: Lunch 1:00 PM: Bingo 				
						

FLU SHOT CLINIC TO BE HELD AT STROM CENTER

The Warren County Health Department will be providing a One-day Flu Shot Clinic at Strom Center on Wednesday, October 18th from 9 til 11 AM and from 1 – 3 PM.

There is no cost to the Flu Shots fi you are enrolled in Medicare. For those not on Medicare the cost will be \$35 per person.

The Pneumonia vaccine will not be offered at this clinic.

The flu shots will go by the number system...persons will be give a number and will be assisted in the order they come to the center. There is very little waiting....the Health Department do a fantastic job of providing this service.

For more information concerning the above, please call the Warren County Health Department at 309 734 1340.

STROM CENTER'S

HENDERSON COUNTY SENIOR EVENTS

MEDICARE INFORMATIONAL MEETING



Strom Center will host a Medicare Informational Meeting at the Henderson County Health Department on TUESDAY, OCTOBER 10TH from 1 – 3 PM. Registration is not required. Information on the upcoming Medicare D Enrollment will be shared as well as the 2018 changes in Medicare, Preventative Services, as well as other Medicare -related issues. All information which will be provided for at the Strom Center meetings held at Strom Center on October 5th and 10th will also be shared at the Henderson County meeting. (See pages 1 and 2 of this newsletter for information on meetings). ALL persons age 65 and over, and those persons who will be turning 65 within the next year are encouraged to attend at least one of the meetings.

Call 309 734 5677 for more information.

A Reminder...Strom Center's Henderson County Senior Center Office will be closed on Monday, October 9th in observance of Columbus Day.

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Note: Appointments are available Monday – Friday 8:30 AM – 4 PM at Strom Center in Monmouth and / or Monday & Wednesday 8:30 AM - 4 PM and Tuesdays and Thursdays from 12:30 - 4pm at the Henderson County Health Department site in Gladstone. *Appointments are required at Monmouth and preferred at the Gladstone office. Call 309 734 5677 for appointment times at both sites.*

ADDITIONAL EVENTS IN HENDERSON COUNTY HAPPENINGS.....

Brain Health Series

Where / When Health Department beginning Wednesday Oct 11, Oct 18, and Oct 25 at 10-1130am.

Oct 11: "Hold That Thought",

Oct 18: "Fit Wits: Fostering improved thinking while incorporating training strategies"

Oct 25: " Know the 10 signs: Early detection matters-presented by the Alzheimer's Association"

This series is presented by the University of Illinois Extension, and the Alzheimer's Association for the purpose of learning what you can do to keep your brain healthy and strong. This program includes a basic overview of Alzheimer's disease and covers risk factors, and the benefits of early detection. **Cost: Free**

Henderson County Health Department FLU SHOT CLINICS

WHEN: October 5 from 1-3 pm and on Oct 19 from 12 Noon - 5pm. Both clinics will be held at the Henderson County Health Department, 208 West Elm Street, Gladstone, Illinois.

Veterans Memorial Breakfast—Oquawka

6-10 a.m., Sunday, October 1 at the Oquawka Fire Station, 411 Warren Street. All proceeds will go towards improving the Memorial Park. Free will donation. Sponsored by Oquawka Ambulance Service.

2017 Schuyler Street Stroll--Oquawka

Come stroll with us! Saturday, September 30 and Sunday, October 1. See Facebook page for times and locations. Activities include: Civil War Camp and Reenactment, clam shell button cutting and arrowhead making, Alexis Phelps House open for tours, Oquawka Volunteer Firemen grilling, antique tractors and motors, chainsaw carving, pet parade, BB gun shoot, live music by DeJay, Rhonda's Greenhouse open, horseshoe tournament, old tyme photo booth, Belted Cow Orchard open, Smith Creek Pottery open, Methodist Church chicken noodle dinner, Fisher Foods grilling, gunny sack races, River Bank Fabrics "The Civil War Quilter," money scramble, public dance with live music from Bucket Fish, Henderson County Ambulance Service breakfast, church services and much, much more.

Beans and Banjos—Raritan

The Raritan Baptist Church is sponsoring a beans and ham supper from 4:30-6:30 p.m., Saturday, October 7 at the church, located on Main at Short Street. The Central Illinois Banjo Club will follow at 7 p.m. in the Raritan Opera House.

Also offered for supper are cornbread, steam burgers, chips and desserts. Free will offering for both events.

Turning Pages Book Club--Stronghurst

The Turning Pages Book Club will meet at the Stronghurst Presbyterian Church, 220 S. Division, Stronghurst on Oct. 10 at 7 pm to discuss Hillbilly Elegy by J. Vance. For more information, call 309-924-1859.

Henderson County District Library Features Local Author Peggy Kulczewski

10 a.m., Wednesday, October 18. Peggy Kulczewski will discuss Maggie Jean, an historical fiction based on a true story of a rural Midwestern girl in America, struggling to change the cultural biases about women in sports that were prevalent during the 1950's and 1960's. For more information, visit www.hendersoncolibrary.com or call 1-309-627-2450.

Henderson County Community Resources Council—Gladstone October 20

The Council will meet 9:30-11 a.m., Friday, October 20 at the Henderson County Health Department (HCHD), 208 West Elm, Gladstone, IL. Featured organization is Bridgeway, Inc. The Council includes representatives of organizations that provide services and programs to community residents. For more information, call 309-221-2743 or 309-867-2202 ext. 234 or email: enrollment@eagleviewhealth.org.

Stronghurst Senior Citizens—Stronghurst--Decluttering

1 p.m., Friday, October 20, Stronghurst Senior Center, 118 S. Broadway. Does the clutter in your house cause you stress? Is the clutter a cause for conflict with other family members? Do you want less clutter but you are too overwhelmed to begin? Guest speaker Cara Allen, University of Illinois Family Like Educator, will share ways to organize your life in order to de-clutter and de-stress. For more information, call 309-924-1859.

Eagle View Halloween Hustle 5k Run/Walk October 21

The 7th Annual "Run for the Health of It" Halloween Hustle 5K Run/Walk is scheduled for 9 a. m., Saturday, October 21. Starting line is located at the Oquawka Track, 9th & Warren. Registration fee is \$20 through October 5 and \$25 after October 5. The entry form can be completed at www.getmeregistered.com/RunForTheHealthOfIt or contact Shannon at 1-309-867-2202.

Free Amplified Phone Program at Eagle View 10 a.m.-12 noon October 27

Having a hard time hearing on the telephone because of some hearing challenges? If so, you could qualify for a free amplified telephone. Through the Illinois Telecommunication Access Corporation (ITAC), Illinois residents who are deaf and hard-of-hearing can receive adaptive phones for free.

ITAC Program Coordinator Marisa Cantú, Community Education and Marketing Advocate, IL/IA Center for Independent Living, will be available from 10 a.m.-12 noon, Friday, October 27 at the Eagle View Community Health System clinic, 1204 Highway 164 East, Oquawka, IL. Cantú states that the phones are free to persons of all ages and incomes who meet three criteria: "One is being an Illinois resident; two: he or she has a medical need; and three: the person has a working land line and/or cellular service."

Cantú further states that there are a lot of different choices to try out, and the person can choose the equipment that best suits his/her needs for land line and/or cellular phone.

For more information, contact Cantú at the Illinois Iowa Center for Independent Living by calling 1-309-793-0090 or visit www.itactty.org. Walk-ins welcomed; however, scheduling an appointment is appreciated by calling Eagle View at 309-867-2202, ext. 234.

Eagle View Health Insurance Open Enrollment Starts November 1

Eagle View Community Health System announces that it again will offer free and confidential health care insurance enrollment and re-enrollment assistance to help residents meet the requirements of the Affordable Care Act. The 2018 open enrollment is November 1 through December 14 2017. There is no deadline for persons applying for the Medicaid Expansion and AllKids programs. To find out if you qualify to save on health insurance coverage contact Eagle View Community Health System--Telephone: 309-867-2202 or toll free 877-350-2385; e-mail: enrollment@eagleviewhealth.org or website sign in: www.EagleViewHealth.org.

Thank you to Yvonne Knapp for submitting Henderson County events!!



OCTOBER | 2017

Jamieson Community Center Senior Nutrition

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Grilled Chicken Baked Beans Salad w/ Tomatoes 5 Cup Fruit Salad Bun	3 Sloppy Joes Roasted Potatoes Tomatoes Mandarin oranges Bun	4 Chicken & Noodles Mashed Potatoes Broccoli Pasta Pineapple Cake	5 Roast Pork Baked Potato Peas Pears Wheat Bread	6 Hamburger Steak w/Mushrooms Mashed Potatoes Coleslaw Tropical Fruit Wheat Roll
9 Goulash Green Beans Tomatoes Macaroni Pumpkin Bars	10 BBQ Chicken Coleslaw Corn Wild Rice Tropical Fruit	11 Ham steak Scalloped Potatoes Carrots Peach Cobbler Wheat Roll	12 Beef & Noodles mashed potatoes Peas Pasta Orange	13 Meatball Sandwich Potato Wedges Salad Plums Sub Bun
16 Beef Stew Peas & Carrots Potatoes Lettuce Salad Applesauce Biscuit	17 Glazed Ham Sweet Potatoes Wax Beans Banana Wheat Bread	18 Spaghetti w/ Meat Sauce Green Beans Salad Jello Cake Garlic Bread	19 Sausage Gravy V-8 Juice tri taters Mixed Fruit Biscuit	20 Baked Chicken Seasoned Potatoes Baby Carrots Sliced Apples Wheat Bread
23 Sweet & Sour Chicken Asian Veggies Salad Egg Roll Fortune Cookie	24 Potato Beef Casserole Winter Veggie Pineapple Wheat Bread	25 Swiss Chicken Corn Green Beans Rice Apple Crisp	26 Lasagna w/ Meat Sauce Peas & Carrots Orange Garlic Bread	27 Ham & Beans Mixed Veggies Strawberry Jello Corn Bread
30 Tacos w /Ground Beef & Cheese Lettuce & Tomatoes Flour Tortilla Baked Apples	31 Tenderloin Broccoli Salad Corn Brownies Bun		1% Milk Served At All Meals	Potato Bar Option Available

Lunch is served at 11:30 at these locations:
 Community Senior Citizens of Stronghurst
 (Mondays)
 309-299-5301
 Faith Bible Church in Oquawka
 (Tuesday - Friday)
 309-299-5301
 Kirkwood Senior Center
 309-768-2146
 Roseville Senior Center
 309-426-2277
 Strom Center
 309-734-5677

Reservations must be made by 12:30 PM the
 day BEFORE you want to eat.
 Please call the site you will attend.

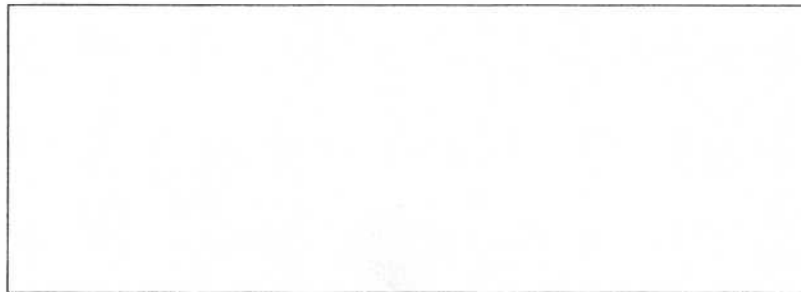
Home-delivered meals are available for
 seniors meeting eligibility requirements.
 CALL 309-734-4251
 Non-Discrimination Policy
 Jamieson Community Center does not
 discriminate in admission to programs or
 treatment of employment in programs or
 activities in compliance with the Illinois
 Human Rights Act; the U.S. Civil Rights Act;
 Section 504 of the Rehabilitation
 Employment Act; and the U.S. and Illinois
 Constitutions. If you feel you have been
 discriminated against, you have a right to file
 a complaint with the Illinois Department on
 Aging. For information, call 800-252-8966
 (Voice and TDD) or contact Programs and
 Services Manager at Western Illinois Area
 Agency on Aging at 800-322-1051.

Jamieson Community Center is partially
 funded by:
 The Western Illinois Area Agency on Aging
 And
 The Warren County United Way

STROM CENTER, INC.
211 South A Street
Monmouth, IL 61462

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RETURN SERVICE REQUESTED



STROM CENTER, INC.

211 South A Street, Monmouth, IL 61462

Fax: 309-734-4560

Toll-free: 866-787-6628

- Director: Carol Neal McCrery 309-734-4560
- Information and Assistance & Outreach/ SHIP Counselor: Pam Allen 309-734-8074
- Information and Assistance Worker/ SHIP Counselor (Warren / Henderson Counties)
: Kathy Ferrenburg 309-734-5677 / 309- 627- 2812
- Information and Assistance Worker/ SHIP Counselor Henderson County:
Erica Little 309-627-2812
- Information and Assistance / Outreach: Lynda Accardo: 309 734 5677
 - : Strom General Inquiries: Bob Anderson: 309-734-5677
 - Strom Thrift Shop Manager: Crystal Vanskike: 309 224 8657
- Jamieson Community Center Nutrition Coordinator: Dolores Sollenberger: 309-734-5677

Non-Discrimination Policy:

Strom Center does not discriminate in admission to programs or treatment of employment in programs or activities in compliance with the Illinois Human Rights Act; the U.S. Civil Rights Act; Section 504 of the Rehabilitation Employment Act; and the U.S. and Illinois Constitutions. If you feel you have been discriminated against, you have a right to file a complaint with the Illinois Department on Aging. For information call 800-252-8966 (Voice and TDD) or contact Programs and Services Manager at Western Illinois Area Agency on Aging at 800-322-1051.

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