

Age Out Loud *19th Annual* Central Illinois Senior Celebration



by **Elizabeth Delheimer**

The 19th Annual Central Illinois Senior Celebration will be held on May 17, 2017, at the Orr Building on the Illinois State Fairgrounds in Springfield, Illinois, from 9:00 a.m. to 2:00 p.m.

May is designated by the Administration for Community Living (ACL) as Older Americans Month. To coincide with ACL, this year's theme is "Age Out Loud" and is intended to give aging a new voice – one that reflects what today's older adults are saying about aging. More than ever, according to ACL, older adults are working longer, trying new things, and engaging in their communities. They are taking

charge, striving for wellness, focusing on independence and advocating for themselves and others.

The Central Illinois Senior Celebration offers such a voice. Over 100 exhibitors will be available to help enhance or maintain independent community living. To date, we have exhibitors from health care providers; social service agencies; state agencies; housing options; retirement and end-of-life estate planning; travel and volunteer opportunities; assistive technology; and commercial vendors who will be available to answer questions and assist with attendees' needs as well as to promote independent

lifestyles among adults age 50 and older.

Medic's First Ambulance Company, one of our Silver Sponsors, will provide on sight ambulance and EMT services as needed throughout the event. Also available to attendees is an **American Sign Language Interpreter** from 11:00 a.m. to 1:00 p.m.; contact the Area Agency on Aging for Lincolnland to make a reservation for sign services or additional information.

There are over 30 health screeners and health care professionals to provide free screens to attendees which include kidney education, stroke risks, mammogram, medication review, fall risk assessments,

Alzheimer's awareness, cancer, blood glucose, dental and blood pressure screens - just to name a few. They will also be available to answer questions or guide you to the appropriate organization.

Senior Celebration has free entertainment scheduled throughout the event. Performers include chair aerobics, gospel music, Irish, Tap and Line Dancers, vocalists and instrumental musicians. Paul Palazzolo will be this year's Master of Ceremonies.

We like to especially thank our gold, silver and bronze sponsors who support events for seniors and this annual celebration. Our sponsors include **AARP Illinois, Brenden Gardens, County Market, Health Alliance Medical Plans, HSHS St. John's Hospital, Memorial Home Services, Addus Healthcare Services, Help at Home-LLC Home, Medic's First Ambulance Company, The Villas Senior Care Community, Timi's Tours, Butler Funeral Home & Cremation Tribute Center, Celtic Hospice & Home Health, Connect Hearing, Montvale Estates, Renewal by Anderson, Springfield Housing Authority, Staab Funeral Home and Senior News and Times for Illinois.** We would like to give an extra thank you to **The Villas Senior Care Community** and **Hickory Glen** for providing **shuttle service** the day of the event.

The sponsors for the Central Illinois Senior Celebration steering committee include the following agencies and committee members: **AARP Illinois; HSHS St. John's Hospital; Illinois Department**

Continued on next page



19th Annual Central Illinois Senior Celebration

Ages 50 Plus

Illinois State Fairgrounds

Orr Building

Wednesday, May 17, 2017

9 am – 2 pm

Free Admission with Can of Food for Central Illinois Food Pantry...

Health Screenings, Informational Displays, Parking Lot Shuttles, Refreshments, Entertainment & Door Prizes

Silver Sponsors

Addus Healthcare Services

Help at Home, LLC Home

Medic's First Ambulance

The Villas Senior Care Community

Timi's Tours

Bronze Sponsors

Butler Funeral Home & Cremation

Tribute Center

Celtic Hospice & Home Health

Connect Hearing

Montvale Estates

Renewal by Anderson

Springfield Housing Authority

Staab Funeral Home

Media Print Sponsor

Senior News and Times for Illinois

For More Information call the Area Agency on Aging for Lincolnland – 217/787-9234

Host Agencies

AARP Illinois

Area Agency on Aging for Lincolnland

Illinois Department on Aging

Illinois Secretary of State &

State Librarian Jesse White

Memorial Medical Center

Senior Services of Central Illinois

HSHS St. John's Hospital

SIU Medicine

Gold Sponsors



Senior News & Times

Published by:

Linda Keeler

Senior News & Times

P.O. Box 6366, Springfield, IL 62708

(217) 528-1882

www.seniornewsforil.net

Editor

seniornews6@att.net

Linda Keeler

Layout/Graphic Artist

seniornewsads@comcast.net

Loretta Prindle

Sales

Florence Schweikle

Deborah A. Pilapil

Loretta Prindle

Free Lance Writers

Nancy Carlson Dodd

Cindy Ladage



The Senior News & Times is published quarterly. Telephone (217) 528-1882. All rights reserved. Reproduction without permission is prohibited. Subscription: \$8.50 per year. Send to Senior News & Times, P.O. Box 6366, Springfield, IL 62708

It IS POSSIBLE To Save Money On Medicare Supplement Insurance

Are your Medicare Supplement rates going up again, making your already tight budget too tight?

I'd like to address an important issue for many seniors out there today. That is the high cost of Medicare supplement insurance for people 65 and over.

I meet many seniors each week that live on a very tight budget, and if you're like my grandmother, every dollar counts! So let me give you some facts;

Today, Medicare supplements have been modernized and updated by law and regulation through our government. Medicare supplement insurers now offer the new modernized plans (A, B, C, D, F, HDF, G, K, L, M or N). That means that all companies offer the same basic policies, which means a plan F with one company and a plan F with another company is the exact same coverage. The only difference between them is the price they charge you for the insurance. It doesn't matter to the doctor or hospital what insurance company's name is on your card, it's what plan you have-is the only importance as to what it will cover.

So if you're on a fixed income, it might be prudent to check with someone like myself to do a free price comparison of all the top companies to see how much you

could save.

A lot of seniors feel they are unable to change insurance due to health or age. That's simply not the case. If you're 65 or older, have both parts to Medicare A and B and are an Illinois resident, there are **some** great companies that would accept you regardless of your health or age. Certain companies don't even ask health questions to qualify. There are no pre-existing limitations on past or current medical conditions, when changing from one Medicare supplement to another. We also recommend the companies that allow you to choose your own doctor, which we feel is awfully important.

As an insurance broker specializing in senior Medicare supplement insurance for about 21 years, we like to use the insurance companies for our clients rather than the other way around. So, we shop to find the best rates for your individual situation; and the best news I can give you, it doesn't cost you a dime to talk with us. Our expertise is absolutely free.

So if you're tired of the rate going up on your present insurance, and you would like to explore your options, just give us a call, toll-free, 1-888-851-7394

Articles submitted by Doug Silotto, President, Illinois Benefit Advisory.

Senior Celebration

from previous page

on Aging; Illinois Secretary of State & State Librarian, Jesse White; Memorial Medical Center; Senior Services of Central Illinois; SIU Medicine; and the **Area Agency on Aging for Lincolnland;**

Debbie Deopere, Event Chair, Area Agency on Aging for Lincolnland;

Elizabeth Delheimer, Illinois Department on Aging
Becky Gabany, Memorial Medical Center

Ann Jirmasek, SIU HealthCare

Andre Jordan, AARP Illinois
Mary Rogers, HSHS St.

John's Hospital
Karen Schainker, Senior Services of Central Illinois

Mark Shaffer, Illinois State Library

Vikki Torres, Area Agency on Aging for Lincolnland

Justin Yuroff, Illinois Senior Olympics

Limited exhibit space is still available or if interested in providing health screens, call Debbie Deopere at (217) 787-9234.

The Villa Senior Care Community and Hickory Glen will provide shuttle service.



DOLLS UNLIMITED

~ Kristin Tipps ~

2641 So. Glenwood
Springfield, IL 62704
217-544-2855
Appointment or Chance

100's of Dolls, Clothes & Accessories.
Over 37 Years Experience in
Repairs & Restoration
Dollhouse Miniature Accessories
Doll-making supplies
dolldoktor@att.net

ATLANTA AND MASON CITY MANOR APARTMENTS

62 years of age; or disabled of any age

- Rental Assistance Available
- Laundry Facilities
- Community Room
- All Appliances
- Well Maintained Quiet Community
- One Story Garden Apartments

(630) 904-4157

This institution is an equal opportunity provider and employer.

ATTENTION Seniors On Medicare

- Are your Medicare Supplement rates going up again, making your already tight budget too tight?
- Are more \$dollars\$ going out than \$dollars\$ coming in?
- Isn't it time you took the proper steps to help fix this financial problem?
- Our plans let you choose your own doctor and hospital.

Call Today For Our **FREE** Price Comparison from a Local Senior Health Insurance Specialist.



Call
Illinois Benefit Advisory Co.

Today, Toll Free

1-888-851-7394

Tough times could lie ahead. Our expertise could save you hundreds of \$\$ per year.

Call Now!

We specialize in saving you money!
We offer many of the top companies.

Aetna Health and Life Insurance Company
800 Crescent Center Drive, Suite 200, Franklin, TN 37067

Cigna/American Ret. Life
P.O. Box 559015, Austin, TX 78755

BlueCross BlueShield of Illinois
P.O. Box 806162, Chicago, IL 60680-4123

Illinois Benefit Advisory, the insurers and agent listed above are not affiliated with the federal government or medicare.

Central Illinois Senior Celebration Health Screenings

- **Advanced Care Planning Information**
Memorial Home Services Hospice and Palliative Care
- **Alzheimer's Information & Resources**
Alzheimer's Association
- **Blood Glucose Screens**
Memorial Home Services
- **Blood Pressure Screening**
DaVita Dialysis
- **Blood Pressure Screening**
HSHS St. John's Hospital Third Age Living
- **BMI / Diabetes Screens**
SIU Center for Family Medicine
- **Body Fat and Fitness Age**
Memorial SportsCare
- **Bone Density Screening & Osteoporosis Education**
Memorial Medical Center
- **Cancer Screening Questionnaire**
HSHS St. John's Hospital Cancer Institute
- **Cholesterol Screening (Total)**
Memorial Heart and Vascular Services
- **Colorectal Screening/Radon Kits**
Simmons Cancer Institute
- **Dental Screenings; Insurance Info**
Familia Dental
- **Depression Screening (PHQ-9)**
Memorial Behavioral Health-Counseling Assoc.
- **Ears: Video Otoscope**
Memorial Medical Center Hearing Center
- **Fall Prevention**
Advanced Healthcare Services
- **Fall Risk Screening/How to Prevent Falls**
HSHS St. John's Hospital Trauma Team and TherapyCare
- **Foot/Ankle Problems: Discuss & Evaluate**
Springfield Clinic Podiatry
- **Health Screening Questionnaire**
Springfield Clinic Sleep Disorders Center
- **Hearing Testing**
Lions
- **Home Safety and Disaster Readiness Survey**
Sangamon County Department of Public Health
- **Kidney Education**
Kidney Smart
- **Mammography Information and 3D Procedure Video**
HSHS St. John's Hospital Women's Center
- **Medical/Dental Program Information**
Central Counties Health Center - St. Clare's Health Clinic
- **Memory/Cognitive Screening**
SIU Medicine - Center for Alzheimer's Disease and Related Disorders
- **Pharmacy Consult**
Hy-Vee Pharmacy
- **Pre-Diabetes/Diabetes Paper Screening**
Memorial Weight Loss and Wellness Center - Diabetes Services
- **Sleep Disorder Education and Treatment Options**
HSHS St. John's Hospital Sleep Center
- **Stroke - Reviewing Risk Factors**
HSHS St. John's Hospital Stroke Center
- **Stroke Education**
Memorial Medical Center Comprehensive Stroke Center
- **Vision Check - Glasses Adjustment**
Vision Care Associates
- **Vision/Macular Degeneration Testing**
Lions



How would you get help at a moment like this?

Yes! We have a system that's right for you.

Most Economical:
Standard Lifeline

Easy to use: Press your waterproof Help Button anytime you need help.

Responsive: Your Communicator quickly dials our U.S. based Response Center to get you connected.

Accommodating: You decide how you would like to be helped - by a neighbor, family member, or emergency professional

Most Advanced:
Lifeline with AutoAlert

All of the benefits and features of the Standard Lifeline System PLUS an added layer of protection:

Technologically advanced: AutoAlert can automatically place the call for help if it detects a fall, even if you can't push your button.

Preferred: It's the most widely adopted fall-detection technology in the U.S. market.



440 North First Street • Springfield, IL 62702
217-744-9000 • Fax: 217-789-6447
Toll free: 888-910-9001

We offer **PHILIPS Lifeline**

"We Provide You With Peace Of Mind"

SENIOR LIVING



Seasons change. Our lives change. We invite you to consider how change can be a time for new beginnings at Seasons Active Senior Living Community.

Seasons provides the lifestyle you deserve & the freedom you still want.

It's time, you're ready. Welcome old friends & make new ones!

698-2829 • 698-5780

Open House: Monday thru. Friday

www.SeasonsSeniorLiving.com

Just off Koke & Old Jacksonville Rd.

"COME LIVE, LOVE & LAUGH WITH US!"



Open Enrollment is here....

Are you confused with all the medicare options? Give me a call and I will help you cut through the confusion.

- Medicare Supplement
- Prescription Drug Plans • Dental Insurance
- Short-term Convalescent Care
- Long-term Care • Life Insurance
- Annuities

SBS SENIOR BENEFIT SPECIALISTS

SENIOR INSURANCE ADVOCATES

217-899-3108



Victoria Caviness
FIELD REPRESENTATIVE

Central Illinois Senior Celebration



2017 Senior Celebration Exhibition Booths

AARP (Gold)

Addus Healthcare Services (Silver)
Advanced Healthcare Services, LLC Home
Alterna-Care
American Cancer Society
American Republic Insurance Services
Area Agency on Aging for Lincolnland
Auburn Rehabilitation & Health Care
Audibel Hearing Center
BARDO Insurance
Bickford Senior Living of Springfield
Bisch & Son Funeral Home

Brenden Gardens (Gold)

Butler Funeral Homes & Cremation Tribute Center (Bronze)
Capitol Plaza
Care Link and Safe Haven Hospice
Carlinville Rehab & Health Care Center

Celtic Hospice & Home Health (Bronze)

Central Illinois Foodbank
Community Care Systems, Inc.
Connect Hearing (Bronze)
Country Lane Memory Care Assisted Living
Eastland Retirement Community
Foster Grandparent Program
Friends of Memorial
Goodenow Insurance
Harbor Light Hospice

Health Alliance Medical Plans (Gold)

Healthy Home Store LLC DBA Central Illinois Fire Safety
Heartland Hearing

Help at Home, LLC Home (Silver)

Helping Hands
Hickory Glen

Home Care Ombudsman Program - Office of the State Omb
Home Instead Senior Care
Homelife at Oak Terrace

HSHS St. John's Hospital (Gold)

HSHS St. John's Third Age Living
ICARE Ombudsman Program
Illinois Assistive Technology Program
Illinois Benefit Advisory
Illinois Department of Veterans Affairs
Illinois Department on Aging
Illinois Office of Comptroller
Illinois Presbyterian Home
Illinois Secretary of State Organ/Tissue Donor Program
Illinois Senior Olympics
Illinois State Library Talking Book & Braile Services
Illinois State Police Medicaid Fraud Control Bureau
Insurance Partners, Inc.
Internal Revenue Service

Lincoln Land Community College
Academy of Lifelong Learning

Lewis Memorial Christian Village

Life's Journey

Marine Bank

Mary Bryant Home for the Blind and Visually Impaired

Medics First Ambulance Company (Silver)

Memorial Home Services (Gold)

Memorial Home Services Hospice
Memorial Medical Center Foundation
Military Order of the Purple Heart
Mill Creek Alzheimer's Special Care Center
Molina Healthcare

Montvale Estates (Bronze)

Moweaqua Rehabilitation & Healthcare Center
Office of the Secretary of State

Peoria Siding & Window

Personal Mobility

Pleasant Hill Village

Reiki Community

Renewal by Anderson (Bronze)

Rolling Meadows

Safelink

Sam's Club

Sams/Hockaday & Associates

Senior Benefits Specialist

Senior News and Times for Illinois (Media)

Senior Services (Nut Lady)

Senior Services of Central Illinois

Social Security Administration

Springfield Center for Independent Living

Springfield Housing Authority (Bronze)

Springfield Muni Opera

Springfield Supportive Living

Springfield Wellness Center

St. Joseph's Home

Staab Funeral Home (Bronze)

Sunny Acres Nursing Home

The Bridge Care Suites

The Christian Village - Lincoln

The Parent Place

The Villas Senior Care Community (Silver)

Thrivent Financial

Timber Creek Village &

Copper Creek Cottages Memory Care

Timberlake Supportive Living

Timi's Tours (Silver)

Tupperware

Villas of South Park

Wyndcrest Assisted Living Center



Formerly
Oak Terrace
HealthCare Center



Visit our booth at the Central Illinois Senior Celebration

We care for your loved one just like they cared for you.

- Respite Care
- Memory Care
- Nursing Care
- Hospice Care

For more information and tour call JoAnne
217-787-6466

www.HomelifeAtOakTerrace.com
1750 W. Washington Street • Springfield, IL 62702

Trained people, not machines, answer our phones!

SPRINGFIELD'S QUICKEST SERVICE

FOR MORE THAN 69 YEARS



HEATING • AIR CONDITIONING • PLUMBING

- Heating & Cooling Systems
- Humidifiers, Air Cleaners
- Furnaces & Boilers
- Water Heaters
- Repairs & Installations
- Affordable, Competitive Prices
- New & Existing Structures
- Sump & Sewage Pumps
- Cleanest, Quickest, Best Around

The first and only local UA/MSCA Star Qualified Contractor. It's your guarantee of the highest standards in Training, Safety, Efficiency and Expertise in HVAC & Plumbing service!



...your assurance of quality and value



Lic.#055-014054

Licensed • Bonded • Insured • Guaranteed • Residential • Commercial • Industrial

217-528-4081
1800 Factory Ave. Springfield, IL 62702
www.fjmurphy.com

Scan this code with your smart phone for instant access to more information



2017
Central Illinois
Senior Celebration

Memorial Medical Center
Department of Volunteer and
Community Services

SCHEDULE OF EVENTS

The 19th Annual
Central Illinois Senior Celebration
"Age Out Loud!"
9:00 a.m. - 2:00 p.m.

Entertainment Lineup

Emcee - **PAUL PALAZZOLO**

9:00 a.m. **Taped Music -
Let's Get Physical by ONJ**

9:20 a.m. **John Thompson -
Gospel Music**

9:45 a.m. **Tip Top Tappers**

10:15 a.m. **Trudy Fleming
Academy - Violinists**

11:00 a.m. **Silver Steppers Line
Dancers**

11:30 a.m. **Lowder &
Manning - Vocalists**

12:00 p.m. **Pat Lyttaker Dance
Exhibition**

12:30 p.m. **Ed Clark on the
Keyboard**

1:15 p.m. **Mob on the Road**

WYNDCREST
Assisted Living

A Good Neighbor Care Community

**HOW TO HAVE
"THE TALK" ABOUT
MOVING INTO SENIOR
LIVING COMMUNITIES**

Talking to a loved one about moving into an assisted living senior community is stressful, emotional and overwhelming.

It's a move most seniors resist, sometimes because they are feeling "forced out of their homes." Some feel they will lose their independence. Families put off having this talk as well because they may be afraid of their loved ones reactions.

Being prepared before a crisis can alleviate some of the anxiety about the situation.

The following are some tips that may help create a healthier discussion instead of one filled with anxiety.

1. **MAKE IT AN ON-GOING DISCUSSION** - If your loved one doesn't need immediate care you can discuss the move in a non-threatening way. Start by letting them

know that you want to honor their wishes when and if the time comes that they are not able to live at home alone. Tell them that they don't have to decide anything right away, but it is something everyone needs to think about.

2. **HIGHLIGHT THE POSITIVES**

- When speaking about an assisted living community use non-threatening words such as a "community" or a "senior-living" community. Let your loved one know that it is important that they help with this decision. Validate their feelings.

3. **WHAT-IFS** - You may want to add into the conversation what might happen if their spouse would pass away or if they would become dependent on others. Let

them know that this is a difficult topic for you to discuss as well but share that you want it to be what they want.

4. **THEY WANT TO STAY AT HOME** - No one wants to leave their home. Some may feel that if they leave their home and go to a community it will be their final residence and that is where they will die. It's not easy for any of us to acknowledge that we are in the "twilight" years. Tell your loved one that you are wanting them to have as much control as possible.

5. **PUT THE PLAN INTO ACTION** - Have your loved one tour senior communities with you. Do research on amenities, costs, reputations on different communities around the area where your loved one lives. Explain how different communities can help them as the progress in the aging process. After touring, ask for their opinion and what they like and didn't like.

Adult children often have guilt about moving their loved ones into a senior community. However it is one of the most loving actions you can do. It improves the quality of life from a safety and social perspective and gives you peace of mind that your loved one is safe and secure. You then get to enjoy quality time with them without all the worry and stress.

Adult children often have guilt about moving their loved ones into a senior community. However it is one of the most loving actions you can do. It improves the quality of life from a safety and social perspective and gives you peace of mind that your loved one is safe and secure. You then get to enjoy quality time with them without all the worry and stress.



Kerberman, Eck & Braeckel LLP
CPAs and Management Consultants
KEB Asset Management LLC
A Registered Investment Advisor



3200 Robbins Road
Suite 200A
Springfield, IL 62704
217-789-0960
www.kebcpa.com
www.kamadvisors.com

We have decades of industry and technical knowledge. Let us apply it in a highly customized and personal manner — ONE CLIENT AT A TIME.

Spring is here at
Wyndcrest Assisted Living
in beautiful
Rochester, Illinois

We offer:

- Studio and one-bedroom apartments
- Independent Living
- Assisted Living
- Comfortable Surroundings
- 24-Hour Security
- Chef-Prepared Meals
- Much, Much, More

WYNDCREST
Assisted Living
A Good Neighbor Care Community
4817 Oak Hill Road, Rochester, IL
217-498-6959



"...for the less than perfect driver."

(217) 525-5255
114 North Grand Ave East
Springfield

Auto Insurance Problems?

- DUI
- SR-22
- Cancelled
- Rejected
- Suspensions
- Teenage Driver
- No Prior Insurance

We also insure Mobile Homes, Motorcycles, and Scooters
Same Day Coverage • Monthly Payments
Locally Owned Since 1997