

DMCSC

1430 N. 22nd Street, Decatur, IL 62526

(217) 429-1239

April 2019 & May 2019

Published Bi-Monthly

Vol. 23, Issue 3

UPCOMING SPECIAL EVENTS

Remember to look at the Calendar for regular activities

APRIL – Keep America Beautiful Month

- 1-6 Money Smart Week
- 2 Election Day – Be Sure to Vote!
- 3 BUNCO 1:00pm
- 5 Rules of the Road Class 9:30am
- 5 Senior Center BINGO 1:00pm
- 9 Trivia by Decatur Rehab 10am
- 10 BUNCO 1:00pm
- 12 Senior Center BINGO 1:00pm
- 16 Medicare-Medicaid Dual Insurance Presented by Molina Healthcare 10:30am
- 16 LaGondola Spaghetti Lunch Noon
- 17 Pedi-Care Nail Trimming 8:30am-3:00pm
- 17 Birthday Celebration – Sponsored by Northeast Community
- 17 BUNCO 1:00pm
- 18 Senior Center BINGO 1:00pm
- 19 Senior Center Closed for Good Friday
- 21 Happy Easter Sunday!
- 23 Memory Exercise/Crafts w/Mary Margaret 10:30am
- 24 ECIAAA Public Hearing 10:00am
- 24 BUNCO 1:00pm
- 25 Diabetic Shoe Clinic by Tammy Hite 10:00am – 2pm
- 26 Senior Center BINGO 1:00pm
- 27 Senior Center Nearly New Thrift Shop Fashion Show 1:00pm

May – Older Americans Month “Connect Create Contribute”

- 1 Pedi-Care Nail Trimming 8:30am-3:00pm
- 1 BUNCO 1:00pm
- 3 Senior Center BINGO 1:00pm
- 8 Coffee w/Elaine IL Benefits Access Program 9am
- 8 BUNCO 1:00pm
- 10 Mother’s Day Luncheon 12 Noon
- 10 Special Mother’s Day BINGO 1pm
- 14 Trivia by Decatur Rehab 10am
- 15 Pedi-Care Nail Trimming 8:30am-3:00pm
- 15 Central IL Senior Celebration Springfield IL 9am – 2pm
- 15 May Birthdays Celebration Sponsored by Northeast Community
- 15 BUNCO 1:00pm
- 17 Senior Center BINGO 1:00pm
- 21 Senior Center Open House Golden Age Showcase 9am - Noon
- 21 Senior Center Board Meeting 3pm
- 22 BUNCO 1:00pm
- 24 Senior Center BINGO 1:00pm
- 27 Senior Center Closed Memorial Day Holiday
- 28 Memory Exercise/Crafts w/Mary Margaret 10:30am
- 29 Pedi-Care Nail Trimming 8:30am-3:00pm
- 29 BUNCO 1:00pm
- 31 Senior Center BINGO 1:00pm

THRIFT SHOP FASHION SHOW!

The Decatur-Macon County Senior Center and the Kiwanianne Club are proud to announce the return of the annual Nearly New Fashion Show! Make your way to the Senior Center on Saturday, April 27 for an afternoon of fun and good food! The show promises to be a rollicking good time! This year’s show will include a lunch of a chicken salad sandwich on a croissant with a fashion fantastic salad and a show stopping dessert. Clothing modeled in The Fashion Show will be available for sale in the Thrift Shop after the show. The show opens on **Saturday, April 27, 2019, doors open at 11:30pm with Lunch served at Noon and the Fashion Show beginning at 1:00pm** at the Senior Center. **Tickets are \$10.00** and are available at the Senior Center. The fun is open to the public. Extra parking is available behind the Elks building directly north of the Senior Center. Also, if anyone is interested in modeling or helping with the show please call Leslie at the Senior Center 429-1239.



THRIFT SHOP SPRINGS FORWARD!

Everything is Spring and Summer in the Thrift Shop. It's time to fling off the heavy winter coats and sweaters of cold weather. The long hard winter is finally over! Check out the featured items in the Thrift Shop priced to sell!

RULES OF THE ROAD DRIVER'S REVIEW

On Friday, April 5 from 9:30am-11:30am, the Illinois Secretary of State Department will be at the Senior Center to discuss the rules of the road and address new information or laws that could affect you. Reservations are not required. There is no class in May. There is no charge for this class.



MOTHER'S DAY PARTY

On Friday, May 10 the Senior Center will honor all Mothers with a special Mother's Day Luncheon. The luncheon will be catered by Mindy Peterson! The menu is Swiss steak, mashed potatoes, green beans and chocolate peanut butter bars. Come and enjoy your special day or come to honor your mother. The entertainment will start at 11:00am with Lunch served at Noon. Mother's Day free BINGO will commence at 1:00pm. Tickets are \$7.00 for members and \$8.00 for the public. Extra parking is available behind the Elks building directly north of the Senior Center. **Ticket purchases must be made by noon on May 9.**

SENIOR CENTER OPEN HOUSE GOLDEN AGE SHOWCASE

The theme for this year's Older Americans Month is "Connect Create Contribute". This year the Decatur-Macon County Senior Center will invite older members of the Decatur and Macon County community to share examples of their various creative skills by showcasing their hobbies and/or creative impulses such as crafts, painting, photography, knitting or even singing! There are many extremely talented older adults in the community and this is their chance to shine. The Open House Golden Age Showcase will be on Tuesday, May 21, 2019 from 9am to Noon. There will be a special free lunch for visitors and participants served at noon. If you are interested in sharing your hobby and/or special talent with us, please call the Senior Center at 429-1239 to reserve space. If you are interested in lunch that day, please sign up by noon on Monday, May 20. We will also be taking this opportunity to show off the new interior

painting scheme in the Senior Center building. Extra parking is available behind the Elks building directly north of the Senior Center. Sponsored Bingo will commence at 1pm. It is our intent to hold this Open House to increase the Senior Center's visibility and availability to the public. Older Americans Month has been celebrated since President Kennedy issued the first Proclamation in 1963. The month of May is used to recognize the unique contributions made to our nation by older Americans. The Act established a nation-wide network of services specifically designed to prevent the premature institutionalization of older people. Services such as meals served in Senior Centers and home delivered meals, transportation and outreach were developed and funded to promote better health and wellness for older Americans.

SPECIAL SPAGHETTI LUNCH FROM LA GONDOLA

The Senior Center will deal with April 16, also known as National Stress Awareness Day, by serving a spaghetti lunch from La Gondola. What better way to relax than to sit down to a nice meal of spaghetti, torpedo sandwich, plus garlic and cinnamon bread prepared as only La Gondola can do? All of this good food can be had for only \$5 for members and \$6 for the public. No one can buy a better deal than that. So, escape from all your worries of the day and join us Tuesday, April 16 for lunch.

MEDICARE-MEDICAID ALIGNMENT INITIATIVE (MMAI)

Tammy Lackland from Molina Healthcare will be at the Senior Center on Tuesday, April 16 at 10:30am to talk about the Illinois Medicare-Medicaid Alignment Initiative. The MMAI is a demonstration program to improve healthcare for those dually eligible for both Medicare and Medicaid. It allows eligible beneficiaries in Illinois to receive Medicare Parts A, B, D benefits and Medicaid benefits from a single Medicare-Medicaid Plan. Ms. Lackland will discuss the value of participating in the MMAI and answer questions. This is a free program open to the public.

INFORMATIONAL COFFEES WITH ELAINE

The second Wednesday of May, an informal coffee, with Senior Center Outreach Counselor Elaine Krause will be held at the Senior Center from 9:00am to 10:00am. The subject will be a presentation on the IL Benefit Access Program. Coffee and donuts will be served. These are informal events and are a great opportunity to ask questions about covered topics as well as other concerns such as senior scams, Medicare and other issues.

All events are free and open to the public of all ages.

MEMORY EXERCISE WITH CRAFTS GROUP

Mary Margaret Robinson, LPN leads a group that is meeting monthly at the Senior Center. Mary Margaret introduces recreational therapeutic activities to encourage people to learn memory skills. The group meets on the 4th Tuesday of each month at the Senior Center from 10:30am to 11:30am. The group will meet on April 23rd and May 28th. This group is free and is open to anyone 55 years of age and older. Walk-ins are welcome.

TRIVIA GAME PRESENTED BY DECATUR REHAB

Sue Shumway from Decatur Rehab will lead a Trivia game at the Senior Center on the second Tuesday of the month starting at 10am. Join in the fun on April 9th and May 14th. Trivia games are always fun and, in their own way, can even be educational. We encourage everyone to come and participate, you may even win the door prize! No need to sign up – just come in and play!

CENTRAL ILLINOIS SENIOR CELEBRATION, SPRINGFIELD IL

The annual Central Illinois Senior Celebration will be held on Wednesday, May 15, 2019 in the Orr Building at the Illinois State Fairgrounds from 9am to 2pm. Admission is free with the donation of a can of food for the Central IL Food Bank. The mission of the Central Illinois Senior Celebration is to provide information and health screens at no cost to attendees and to enhance the quality of life for persons age 50 and older, family caregivers, veterans and persons with disabilities, with the goal of assisting them in maintaining independent community living for as long as possible. Exhibitors will be from health care providers, social service agencies, state agencies, housing options, retirement and end-of-life estate planning, travel and volunteer opportunities 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.



TAX PREPARATION

The Senior Center would like to thank the AARP Volunteer Tax Preparers for all the hard work in preparing tax filings this year. They will be filing taxes until April 15 and appointments are still available at 429-1239 if you need assistance with your tax return. We encourage appointments, but you may also stop in at the Center from 8:30am to 11:30am for assistance.



TOEING UP FOR HAPPY FEET

The Senior Center is pleased to offer "Pedi-Cares by Gini Smith". Gini is scheduled for multiple days including: April 17 & May 1, 15 & 29, 2019 from 8:30am through 3:00pm. Those interested in having their toe nails trimmed will need to call or stop by the reception desk to make an appointment for one of these days. Foot maintenance procedures include a therapeutic medicated soak, nail trimming and massage. Gini charges \$22 per session. Please note the services will not be able to address chronic medical problems such as open wounds. Please contact your physician if you have open wounds on your feet.

DIABETIC SHOE CLINIC

Tammy Hite, Diabetes Care Specialist from LifeCare Medical will conduct a Diabetic Shoe Clinic on Thursday, April 25th from 10:00 a.m. until 2:00 pm at the Senior Center. As a diabetic, did you know that you are entitled to a pair of therapeutic shoes and 3 pairs of inserts per calendar year? This is a Medicare paid program. Tammy Hite will explain why the government is willing to pay for this program and the importance for you to wear good shoes. Ms. Hite can assist with picking out the style of shoe you may want. All sizes and widths are available. Please bring your Medicare number, primary doctor's name and phone number and your secondary insurance card (if you have one).

ECIAAA PUBLIC HEARING

The East Central Illinois Area Agency on Aging will hold a series of public hearings to inform older adults, persons with disabilities, family caregivers, grandparents and other relatives raising children, and other interested individuals and organizations about the next three-year Area Plan on Aging at various locations in east central Illinois. The East Central IL Area Agency on Aging will be conducting their annual Public Hearing for Macon County at the Senior Center on Wednesday, April 24, 2019 from 10:00-11:30am.

MONEY SMART WEEK APRIL 1 - 6, 2019

Money Smart Week is a public awareness campaign designed to help consumers better manage their personal finances. Many organizations including businesses, financial institutions, school, libraries, not-for-profits, government agencies and the media come together to stress the importance of financial education. The effort was created by the Federal Reserve Bank of Chicago in 2002. Money Smart Week partners will be hosting events locally during the week of April 1 - 6, 2019. There are several sessions targeting towards older citizens such as financial planning for retirement and investment planning.

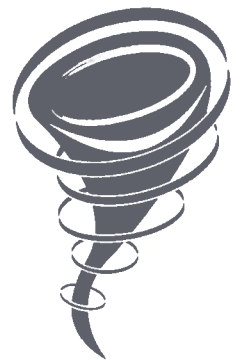
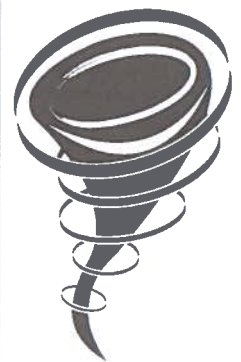
EMERGENCY STORM PREPAREDNESS TORNADOES

Tornadoes are nature’s most violent storms. Spawned from powerful thunderstorms, tornadoes can cause fatalities and devastate a neighborhood in seconds. A tornado appears as a rotating, funnel-shaped cloud that extends from a thunderstorm to the ground with whirling winds that can reach 300 miles per hour. Damage paths can be in excess of one mile wide and 50 miles long. Every state is at some risk from this hazard. Some tornadoes are clearly visible, while rain or nearby low-hanging clouds obscure others. Occasionally, tornadoes develop so rapidly that little, if any, advance warning is possible. Before a tornado hits, the wind may die down and the air may become very still. A cloud of debris can mark the location of a tornado even if a funnel is not visible. Tornadoes generally occur near the trailing edge of a thunderstorm. It is not uncommon to see clear, sunlit skies behind a tornado.

✓ ***During A Tornado***

If you are under a tornado warning, seek shelter immediately! Most injuries associated with high winds are from flying debris, so remember to protect your head.

If you are in:	Then:
A structure (e.g. residence, small building, school, nursing home, hospital, factory, shopping center, high-rise building)	<ul style="list-style-type: none"> • Go to a pre-designated area such as a safe room, basement, storm cellar, or the lowest building level. If there is no basement, go to the center of a small interior room on the lowest level (closet, interior hallway) away from corners, windows, doors, and outside walls. Put as many walls as possible between you and the outside. Get under a sturdy table and use your arms to protect your head and neck. • In a high-rise building, go to a small interior room or hallway on the lowest floor possible. • Put on sturdy shoes. • Do not open windows.
A manufactured home or office	<ul style="list-style-type: none"> • Get out immediately and go to a pre-identified location such as the lowest floor of a sturdy, nearby building or a storm shelter. Mobile homes, even if tied down, offer little protection from tornadoes.
The outside with no shelter	<p>If you are not in a sturdy building, there is no single research-based recommendation for what last-resort action to take because many factors can affect your decision. Possible actions include:</p> <ul style="list-style-type: none"> • Immediately get into a vehicle, buckle your seat belt and try to drive to the closest sturdy shelter. If your vehicle is hit by flying debris while you are driving, pull over and park. • Take cover in a stationary vehicle. Put the seat belt on and cover your head with your arms and a blanket, coat or other cushion if possible. • Lie in an area noticeably lower than the level of the roadway and cover your head with your arms and a blanket, coat or other cushion if possible. <p>In all situations:</p> <ul style="list-style-type: none"> • Do not get under an overpass or bridge. You are safer in a low, flat location. • Never try to outrun a tornado in urban or congested areas in a car or truck. Instead, leave the vehicle immediately for safe shelter. • Watch out for flying debris. Flying debris from tornadoes causes most fatalities and injuries.



SOCIAL SECURITY QUESTIONS

Question:

I'm gathering everything I'll need to file my taxes this month. Do I have to pay taxes on Social Security benefits? Also, where can I get a replacement 1099?

Answer:

Some people who get Social Security must pay federal income taxes on their benefits. Still, no one pays taxes on more than 85 percent of their Social Security benefits.

You must pay taxes on some portion of your benefits if you file an individual federal tax return and your income exceeds \$25,000. If you file a joint return, you must pay taxes if you and your spouse have combined income of more than \$32,000. If you are married and file

a separate return, you probably will have to pay taxes on your benefits. You can read more about tax preparation in relation to Social Security at www.socialsecurity.gov/planners/taxes.htm. Social Security benefits include monthly retirement, survivors, and disability benefits. They don't include Supplemental Security Income (SSI) payments, which are not taxable. You can also get a replacement 1099 or 1042S when you open your own personal *my Social Security* account at www.socialsecurity.gov/myaccount.

Retirement

Question:

A few months after I started receiving my Social Security retirement benefit, my former employer offered to take me back. It's a great offer. Can I withdraw my retirement claim and reapply later to increase my benefit amount?

Answer:

Social Security understands that unexpected changes may occur after you begin receiving retirement benefits. If you change your mind, you may be able to withdraw your Social Security claim and reapply at a future date. This withdrawal must occur within 12 months of your original retirement and you are limited to one withdrawal during your lifetime. Keep in mind, you must repay all of the benefits you received. You can learn more about the one-year period when you can postpone your benefits at www.socialsecurity.gov/retire2/withdrawal.htm.

Question:

Can I delay my retirement benefits and receive benefits as a spouse only? How does that work?

Answer:

It depends on your date of birth. If you were born on or before 01/01/1954 and your spouse is receiving Social Security benefits, you can apply for retirement benefits on your spouse's record as long as you are at your full retirement age. You then will earn delayed retirement credits up to age 70, as long as you do not collect benefits on your own work record. Later, when you do begin receiving benefits on your own record, those payments could very well be higher than they would have been otherwise. If your spouse is also full retirement age and does not receive benefits, your spouse will have to apply for benefits and request the payments be suspended. Then you can receive benefits on your spouse's Social Security record. If you were born on or after 01/02/1954 and wish to receive benefits, you must file for all benefits for which you are eligible. Social Security will determine the benefits you are eligible for and pay you accordingly. For individuals born on or after 01/02/1954, there is no longer an option to select which benefit you would like to receive, even beyond your full retirement age. Widows are an exception, as they can choose to take their deceased spouse's benefit without filing for their own. For more information, visit www.socialsecurity.gov.





April



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Money Smart Week 1 10:00 am Fitness Class 1:00 Cards	Money Smart Week 2 Election Day – Be Sure to Vote! 1:00 pm BINGO Heritage Manor	Money Smart Week 3 10:00 am Fitness Class BUNCO 1pm	Money Smart Week 4 1:00 Cards	Money Smart Week 5 Rules of the Road Class 9:30am 10:00 am Fitness Class Senior Center BINGO 1pm	6
7	10:00 am Fitness Class 8 1:00 Cards	Trivia by Decatur Rehab 10am 9 1:00 pm BINGO Evergreen Senior Living	10:00 am Fitness Class 10 BUNCO 1pm	1:00 Cards 11	10:00 am Fitness Class 12 Senior Center BINGO 1pm	13
14	10:00 am Fitness Class 15 1:00 Cards	Medicare-Medicaid Dual Insurance Presented by Molina Healthcare 10:30am 16 LaGondola Spaghetti Lunch Noon 1:00 pm - BINGO Eagle Ridge	Pedi-Care Nail Trimming 8:30am-3:00pm 17 10:00 am Fitness Class Birthday Celebration – Sponsored by North-east Community BUNCO 1pm	Senior Center BINGO 1:00pm 18	Senior Center Closed for Good Friday 19	20
Happy Easter Sunday! 21	10:00 am Fitness Class 22 1:00 Cards	Memory Exercise/ Crafts w/ Mary Margaret 10:30am 23 1:00 pm BINGO Synergy	ECIAAA Public Hearing 10:00am 24 BUNCO 1pm	Diabetic Shoe Clinic by Tammy Hite 10:00am – 2pm 25 1:00 Cards	10:00 am Fitness Class 26 Senior Center BINGO 1pm	Senior Center Nearly New Thrift Shop Fashion Show 1:00pm 27
28	10:00 am Fitness Class 29 1:00 Cards	1:00 pm BINGO Aspen Creek 30				
Center • 429-1239 Lunch Reservations • 428-4148						



May



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Center • 429-1239 Lunch Reservations • 428-4148			1 Pedi-Care Nail Trimming 8:30am-3:00pm 10:00 am Fitness Class BUNCO 1pm	2 1:00 Cards	3 10:00 am Fitness Class Senior Center BINGO 1pm	4
5	6 10:00 am Fitness Class 1:00 Cards	7 1:00 pm BINGO Heritage Manor	8 Coffee w/Elaine IL Benefits Access Program 9am 10:00 am Fitness Class BUNCO 1pm	9 1:00 Cards	10 10:00 am Fitness Class Mother's Day Luncheon 12 Noon Special Mother's Day BINGO 1pm	11
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SENIORS INK

Decatur-Macon County Senior Center
1430 N. 22nd Street
Decatur, Illinois 62526

Non Profit Org
U.S. Postage
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Decatur, IL
Permit No. 416

ECIAAA

APR 03 2019

RECEIVED

RETURN SERVICE REQUESTED

Susan Real ECIAAA
1003 Maple Hill Road
Bloomington, IL 61704

61705\$9327 RC21



Seniors INK

Membership dues in the amount of \$ _____ for the year 2019 (\$25.00),
OR _____ Lifetime dues of \$150.00

enclosed for (name) _____
(NOTE: Any amount over these amounts will be credited as a donation)

Please detach and return this stub with your tax-deductible contribution to:
Decatur-Macon County Senior Center
1430 N. 22nd Street
Decatur, Illinois 62526

I would like to support the Seniors of today and tomorrow, with my tax-deductible donation to the Decatur-Macon County Senior Center.

\$500 _____ \$250 _____ \$100 _____ \$50 _____ \$25 _____
\$10 _____ \$ 5 _____ Other _____

If you do not want your name listed as a donor, please check this box

In addition to my contribution for supporting the Senior Center and the Seniors they serve, I would like to make an additional contribution that will be used to help retire the debt incurred from capital expenses related to the relocation of the Senior Center.

Additional enclosed for Debt Retirement Fund _____

Help us keep the lights on for the Seniors of today and tomorrow!!

The Decatur Macon County Senior Center and the Seniors they represent. Thank You!

DECATUR - MACON COUNTY

