

Newsletter

HAPPY
HOLIDAYS



November - December 2022

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for care.

The Fall season is upon us and the Holidays are right around the corner. Solutions for Care Executive Director, Richard Juarez Sr. and the SFC staff would like to wish all a happy and safe Holiday Season. May this season be filled with peace, health, and happiness. We would also like to thank our clients and community partners for entrusting us to provide the best services and resources available to those who need them most. 2022 has been a year of change and growth for our organization and we at Solutions for Care will continue to grow our team to provide the best possible services to our clients in 2023.

Diabetes Awareness

November is Diabetes Awareness Month which includes Diabetes Awareness Day on November 14th. The 2022 theme for Diabetes Awareness Day is, "Access to Diabetes Care." More than 37.3 million Americans are living with diabetes, which is 11.3% of the US population. It was recently announced starting January 1, 2023, the cost of a one-month supply of each Part D-covered insulin will be capped at \$35, and you will not have to pay a deductible for insulin. This applies to everyone who takes insulin, even if you get Extra Help (also known as Part D Low-Income Subsidy).

Solutions for Care is dedicated to helping Medicare beneficiaries understand their coverage options.

Medicare open enrollment runs until December 7, 2022. If you need assistance changing your Medicare plan schedule an appointment with an experienced Benefit Access Counselor by calling 708-447-2448 Ext.127.

REMINDER MEDICARE OPEN ENROLLMENT

Pick your 2023 Medicare plan by
December 7, 2022.

If you need assistance making changes to your Medicare coverage call Solutions for Care at 708-447-2448

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During Diabetes Awareness Month it is important to understand diabetes can lead to other health complications. Diabetes is the leading cause of kidney disease because ongoing high blood glucose (blood sugar) can damage your kidney's blood vessels. Keeping your blood glucose in range by eating well and maintaining a physical activity schedule that works best for you can lower your risk of kidney disease.

If you are having difficulty accessing healthy foods know that Solutions for Care can help.

SFC offers assistance qualifying for the Nutrition Program known as Home-Delivered Meals through the Community Care Program.

Individuals aged 60 and over are eligible for a home-delivered meal if they are determined to be frail or homebound because of illness, disability, or isolation. An assessment is required to determine eligibility. For more information and to schedule a Care Coordination Assessment call SFC's Care Coordination Unit at 708-447-2448.

Thank You Caregivers

November is also National Family Caregivers Month (NFCM). It is a time to recognize and honor family caregivers across the country and in our communities. It offers an opportunity to raise awareness of caregiving issues, educate communities, and increase support for caregivers.

Solutions for Care leadership would like to recognize and thank our Caregiver Resource Center staff for all of their work and dedication to their fellow caregivers. SFC's Caregiver Specialists have over the years demonstrated patience, compassion, and dependability in serving the Berwyn and Cicero communities. Their noble and selfless work has impacted countless individuals and families.

If you are a caregiver seeking resources and support Solutions for Care can help. Our Caregiver Resource Center serves as a point of entry to a broad range of services and resources for caregivers and grandparents raising grandchildren.



Miriam Rico - Caregiver Specialist Supervisor, hosts monthly Caregiver Support Group meetings.

The Caregiver Resource Center focuses heavily on providing training and emotional support to caregivers. SFC hosts a monthly Caregiver Support Group the second Friday of every month. The group helps caregivers share their experiences and emotions in a safe nonjudgmental space. For more information on services available to Caregivers call 708-447-2448 Ext. 129.

Managing Stress During the Holidays

The "most wonderful time of the year" can turn into the most stressful time of the year for many. The holiday season is approaching quickly and Solutions for Care would like to remind you managing stress during the holidays is possible. Here are a few tips from John Hopkins Medicine and the National Alliance on Mental Illness (NAMI) that can help you be more mindful and stress-free during this time of year.

1. Accept Imperfection: We often set the bar impossibly high for ourselves and then feel upset when our celebrations don't live up to expectations. Before you start preparing, acknowledge that things may not go as planned and that's OK.

2. Respond with Kindness: You can't change how others act during the stresses of the holiday season, but you can change how you respond.

Choose kindness. The holidays are especially difficult for those who are alone. See if you can extend an act of kindness to those you know who are without family and friends during this time of year.

3. Make Time to Exercise: The holiday season is a great time to ice skate, ski, or hike. If you don't have access to these outdoor activities, any form of exercise will release endorphins, which can lessen the symptoms of depression.

4. Acknowledge your Feelings: It is healthy to acknowledge your feelings and work through them, rather than suppressing them.

5. Pamper Yourself: During the holidays we focus on pleasing others. Remember to take time for yourself. A short break for a bath, a warm drink, or getting a massage can create a sense of calm and happiness.

Events

Stay informed on Solution for Care events, community events and local resource events.

- **11/11/22 - Caregiver Support Group:** 11 AM - 12 PM at Solutions for Care 7222 W Cermak Rd. North Riverside, IL 60546 (Suite 200 Conference Room)
- **11/16/22 - Medicare Open Enrollment Presentation:** 10 AM - 12 PM at Solutions for Care 7222 W Cermak Rd. North Riverside, IL 60546 (Lower Level Conference Room) Call 708-447-2448 to register for the event.
- **11/17/22 - Casa Esperanza Informational Booth:** By Appointment only. Call to make an appointment at 708-345-3632. Location: 1115 23rd Ave. Melrose Park, IL 60160
- **11/18/22 - Effective Communication Strategies - Presented by the Alzheimer's Association:** 11 AM - 12:30 PM Solutions for Care 7222 W Cermak Rd. North Riverside, IL 60546 (Suite 200) Call 708-447-2448 ext. 129 to register
- **12/1/22 - End of Life Planning Information Session:** 10 AM - 12 PM at Solutions for Care 7222 W Cermak Rd. North Riverside, IL 60546 (Lower Level Conference Room)
- **12/9/22 - Caregiver Support Group:** 11 AM - 12 PM at Solutions for Care 7222 W Cermak Rd. North Riverside, IL 60546 (Suite 200 Conference Room)
- **12/15/22 - Casa Esperanza Informational Booth:** By Appointment only. Call to make an appointment at 708-345-3632. Location: 1115 23rd Ave. Melrose Park, IL 60160

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