

# Newsletter

## SOLUTIONS for care.



May is Older Americans Month (OAM). The 2023 theme for Older Americans Month is Aging Unbound.

May is Older Americans Month (OAM) throughout the United States. The 2023 theme is "Aging Unbound," which explores diverse experiences of aging and explores ways local communities can combat aging myths. Illinois Governor J.B. Pritzker signed a proclamation declaring May Older American Month in Illinois. "Our seniors are the backbone of Illinois, and they deserve to live with autonomy and dignity," said Governor Pritzker. He also went on to say, "My administration remains committed to making sure elders have every opportunity to thrive in their own communities." Solutions for Care shares the same mission and is dedicated to preserving the independence and dignity of all older adults and those living with disabilities, being their advocate, and working to find the best available resources that lead to greater self-sufficiency and a higher quality of life.

May/ June 2023

## Combating Ageism and Stereotypes

Getting older in America carries its own set of stereotypes and discrimination, which physician and gerontologist Robert Butler coined in 1969 as "ageism." Ageism includes negative views of a person or group of people based on their age, but predominantly, ageism is considered prejudice toward older adults. Insults and generalizations about aging run deep in our culture, leaving many elders feeling disrespected and undervalued.

Here are seven suggestions for older adults to overcome ageism developed by Dr. Gregory A. Hinrichsen, Ph.D., geriatric psychiatry at Mount Sinai.

**1. Speak up.** Don't let yourself be pushed around because you're older. At family gatherings where there are people of all ages, you might be tempted to sit on the

sidelines and watch, but attempt to participate.

**2. Engage in the world.** People who stay active — mentally and physically — can overcome ageism more easily. Follow the news. Live in the present, and look to the future. Show your children and grandchildren that you're aware of what's going on around you. Use email and social media if you feel comfortable — it can show your grandchildren you can communicate as they do.



AGING UNBOUND: MAY 2023

**3. Be positive.** Attitude has a lot to do with how people can overcome ageism. Relish the experience and wisdom that come with age and put them to good use.

**4. Be as independent as you can.** There's a concept of learned helplessness. If you assume that because you're a certain age, you're unable to do certain things, you won't be able to do them. You won't lose those abilities if you continue to do for yourself what you can. Go shopping. Do your banking. Eat out in restaurants.

**5. Surround yourself with younger people.** Taking a class at the gym or the community college with younger people will help fight ageism. Engaging with younger people can motivate older persons to stay active and current on world subjects, culture, and trends.

**6. Volunteer.** Join in activities at your church, local community center, schools, or non for profit organizations. Keeping busy and feeling valued and helpful can bring a youthful feeling to your life.

**7. Exercise.** Get out and walk, do yoga, stretch. Thirty minutes of exercise a day can change your mood and improve your mobility for years to come.

What can you do to combat ageism and help seniors live less encumbered by stereotypes? Yale epidemiology professor Becca Levy suggests the following:

**1. Pay attention to your own aging perceptions.** Learn to look beyond the labels placed on older individuals. Be mindful that no specific age is considered "old" in today's society. Learn to identify ageism language and unfair treatment of seniors.

**2. Celebrate older role models.** Highlight older people's contributions to society and how they positively influence all generations. Recognize a senior's strengths and positive qualities.

**3. Foster a friendship with a senior.** Build a genuine friendship with an older person over a shared interest such as pets or anything that makes you appreciate each other.

**4. Be an aging advocate in your community.** Help employers rectify age biases in the workplace. Attend local meetings that represent the interests of the elderly. Write a letter to the media. Volunteer at a senior center.

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## Community Care Program

As we celebrate Older Americans Month it is important for older adults and their families to know there are services and programs available to help with the care of their loved ones when it is needed.

Solutions for Care offers the Community Care Program (CCP) which is an Illinois Department on Aging's subsidized in-home care program. The CCP helps older adults 60+, who might otherwise need nursing home care, to remain in their own homes by providing in-home and community-based services,

including in-home service, adult day service, emergency home response service, and automated medication dispenser service.

A Solutions for Care Coordinator can provide an in-home assessment to determine eligibility for this program. For more information call Solutions for Care at 708-447-2448 and ask for the Intake Department or visit <https://solutionsforcare.org/community-care-program/>.

# 2nd Annual Healthy Living Event

Solutions for Care's annual Healthy Living Event featuring the Farmers Market Coupon Giveaway will take place Friday, July 28, 2023, from 10:00 AM to 2:00 PM, in North Riverside at Solutions for Care's outside parking area. This year we aim to make this event bigger and better than ever. There will be live entertainment and local resource agencies onsite with information on programs and services for older adults and caregivers. Join us for a day full of fun.

For more information on the upcoming event and for agencies interested in participating in or sponsoring this year's event visit

<https://solutionsforcare.org/healthy-living-event/>.



**SOLUTIONS**  
for care

## 2nd Annual Healthy Living Event

Friday, July 28, 2023  
10:00 AM - 2:00 PM

Solutions for Care  
Outdoor Parking Lot  
7222 W. Cermak Rd.  
North Riverside, IL

### Join Us For

- Farmers Market Coupon Giveaway (For persons 60+)
- Live Entertainment
- Snacks
- Local Resource Agencies onsite

Farmers Market Coupons are for persons 60+. Solutions for Care staff will help those who qualify register for the free coupons on-site at the event.

## Get Ready to Renew Your Medicaid

Medicaid's continuous coverage that was implemented as a pandemic-era protection has ended on March 31, 2023. Medicaid customers will now need to renew their coverage during their redetermination month.

The Illinois Department of Healthcare and Family Services (HFS) will mail renewal notices starting in May. It is important to know that everyone's renewal date is different. People will get their renewal forms one month before they are due, and all renewals are due by the first day of the following month. For example, if a person's renewal is due by June, they will

get their renewal form the first week of May and must return it by June 1. People whose renewals are due in July will get a letter the first week of June and must return them by July 1, and so on.

To be ready to renew visit [www.abe.illinois.gov](http://www.abe.illinois.gov) Click Manage My Case then verify your mailing address under "contact us." Find your due date (also called redetermination date) in your "benefit details". For more information on the renewal process call the Illinois Department of Healthcare and Family Services at 1-800-843-6154.

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