

Newsletter

SOLUTIONS for care.



Are you prepared for extreme heat? This newsletter has tips to stay cool and how to be prepared for extreme heat.

What a summer it has been! Solution for Care staff has spent the summer participating in community events and resource fairs educating older adults and their families on services available to those 60 years and older and those living with disabilities.

It is the mission of Solutions for Care to serve as many persons as possible in Berwyn, Cicero, and the Proviso Township. Visit www.solutionsforcare.org for more information on SFC, services available, and upcoming events.

This newsletter touches on celebrating September as Healthy Aging Month, CEDA's Low Income Home Energy Assistance program opens in October, Medicare Part D Open Enrollment, and the importance of getting your Flu Shot.

September/October 2023

September is Healthy Aging Month

September is National Healthy Aging Month (NHAM). We recognize Healthy Living Month by encouraging our older adult clients to incorporate healthy habits like exercise, eating healthy foods, and getting enough sleep in their daily routines. It is also important to stay active and take steps to improve not only physical health but also mental health.

Here are five steps to help take charge of your well-being during NHAM.

1. Get Moving: It is important to consult your doctor before exercising. Start slow, know your limitations and modify activities if necessary. Maintaining regular physical activity can help maintain a healthy weight,

maintain a healthy weight, lower blood pressure, blood cholesterol, and blood sugar levels.

2. Maintain a Healthy Diet: Eat proper portion sizes. Eat a variety of fresh fruits and vegetables and have them make up half of your plate.

3. Stay Social: Try something new by attending online or in-person classes that interest you. Use new technologies like Zoom or Facetime to stay in touch with friends and family.

4. Balance your body and mind: Keep a positive attitude. Keep your mind active by reading or doing puzzles.

Keep your baby active through stretches and yoga.

5. Be Proactive: Receive regular checkups, physicals, and medical tests when needed as many diseases can be prevented when caught early. Don't forget appointments with the dentist and optometrist too. Take vitamins, supplements, and medications as prescribed.



September is Healthy Aging Month. Read about the 5 steps to help take charge of your well being during NHAM.

CEDA's Low Income Home Energy Assistance Program

Fall weather is soon upon us. Solutions for Care staff understands how important utilities are in creating a safe and warm home during the harsh fall and winter months and for that reason encourage eligible families to apply for the Low-Income Home Energy Assistance Program (LIHEAP) to support with utility bill assistance for natural gas, propane, and electricity. Applications opened October 2nd, for income-eligible households with seniors age 60+, Illinoisans with a documented long-term disability, and/or children under age 6.

Solutions for Care's Aging and Disability Resource Network resource specialists can help you apply for assistance through CEDA's LIHEAP programs. LIHEAP offers heat and electricity assistance through the DVP and PIPP programs. DVP issues a one-time benefit applied directly to your utility accounts. PIPP enrolls you in a budget bill program that provides a monthly benefit toward your bill and offers the opportunity for past-due balance forgiveness.

If your household is LIHEAP eligible and your heating system isn't working properly or is red-tagged, CEDA can help repair or replace your furnace or boiler. If you reside in a single-family home, a building of up to 4 units, or a condo, you may be eligible.

Solutions for Care is now taking appointments to assist seniors and persons with disabilities with the application process. Please call 708-447-2448 to schedule an appointment. You can also visit www.solutionsforcare.org for more information.



LIHEAP Opens for households with a senior(s) age 60 and over, person(s) with a disability, and families with children under the age of 6 starting October 2nd.



LIHEAP opens as of October 2nd for households with a senior 60 and over.



Medicare Open Enrollment

Every year, Medicare's open enrollment period is October 15th - December 7th. Medicare health and drug plans can make changes each year—things like cost, coverage, and what providers and pharmacies are in their networks. October 15 to December 7 is when all people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs.

People in a Medicare health or prescription drug plan should always review the materials their plans send them, like the "Evidence of Coverage" (EOC) and "Annual Notice of Change" (ANOC). If their plans are changing, they should make sure their plans will still meet their needs for the following year. If they're satisfied that their current plans will meet their needs for next year and it's still being offered, they don't need to do anything.

You can find Medicare plan information or compare plans by calling 1-800-MEDICARE or by visiting www.Medicare.gov.

Solutions for Care staff know that the Medicare information can be overwhelming to navigate. Senior Health Insurance Program Counselors are available by appointment to provide resources and information about applying for or changing Medicare, help Part D and Medicare Savings Programs which help with Part B.. Assistance is also available in Spanish. To schedule an appointment with a SHIP counselor call 708-447-2448.



SHIP counselors are available by appointment to help you navigate the Medicare programs and plans.

Medicare Part B Covers the Flu Shot

People who are 65 and older are at higher risk of having serious health complications from the flu. Getting the flu shot can protect you from getting the flu and also helps keep you from spreading the flu to others. September and October are the best months for most people to get vaccinated.

Medicare Part B covers the seasonal flu shot once per flu season and you pay nothing if your doctor or other qualified



Did you know Medicare Part B covers the seasonal flu shot?

health care provider accepts payment through Medicare. Please check with your doctor or pharmacy if they accept Medicare Part B while scheduling your appointment to ensure you do not have to pay out of pocket.

It is also strongly suggested to get the Covid-19 vaccine at the same time as the flu shot to ensure you are protected from Covid-19 as well.

Solutions for Care 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, and the U.S. and Illinois Constitution. If you feel you have been discriminated against, you have a right to file a complaint with the Illinois Department of Aging.

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