

Newsletter

SOLUTIONS for care.



Spring is the perfect time to get active and start new healthy living activities like walking. Grab a friend or loved one and get moving.

March/April 2023

As we move into the Spring season, the Solutions for Care staff is eager and excited to get back into the community. With warmer weather in the forecast Solutions for Care team members will be hosting community engagement and resource events geared towards older adults, caregivers, and grandparents raising grandchildren. Don't forget to visit the [SFC Events page](#) to view all upcoming events. You can also subscribe to the [SFC Email List](#) to receive notifications of our bimonthly newsletter, resources available, and upcoming events.

The 2023 [Annual Healthy Living Event](#) featuring the [Farmers Market Coupon Giveaway](#) will be held on Friday, July 28, 2023, from 10:00 AM to 2:00 PM. If interested in sponsoring this year's event contact Tina Saenz at tsaenz@solutionsforcare.org.

Social Work Breaks Barriers

March is Social Work Month, and the 2023 theme is Social Work Breaks Barriers. Social Work Month also includes National Social Worker Appreciation Day on March 21st. More than 700,000 social workers nationwide entered the profession because they have a strong desire to assist those in need and make our communities, our nation, and our world a better place for all.

The team of social workers at Solutions for Care work tirelessly and are passionate about helping our clients in difficult situations. The SFC Adult Protective Services teams investigate approximately 400 cases a year, with financial exploitations being the most frequent offense.

Solutions for Care is a state-designated Adult Protective Services Agency which investigates Abuse, Neglect, Financial Exploitation, and Self-Neglect of individuals ages 18-59 living with a documented disability and anyone age 60 and over. All [Adult Protective Services](#) are confidential and free of charge.

To report abuse you can contact SFC's APS team at 708-447-2448 Monday through Friday 8:30 AM to 4:30 PM.

**SOCIAL WORK
BREAKS BARRIERS**

March is Social Work Month. National
Social Worker Appreciation Day is
March 21, 2023.

National Volunteer Month

April is National Volunteer Month which includes National Volunteer Week April 16 – April 22. As a non for profit organization Solutions for Care knows how important volunteers are to meeting the needs of clients and to the overall success of an organization.

Executive Director, Richard Juarez Sr., SFC leadership, and staff would like to recognize long-time volunteer Charles Gutfeld. Charles also known dearly as Charlie to many of the SFC staff and clients has volunteered as a SHIP Counselor for the past 7 years. Charles has dedicated decades to helping others as a registered nurse of 40 years. While working with patients and family members Charles firsthand experienced how confusing Medicare and insurance options can be for older adults.

Once retired Charles attended the state training for the Senior Health Insurance Program (SHIP) and started volunteering at SFC. Once a week on Thursday Charles meets with SFC clients in need of help navigating the health insurance world. As a SHIP counselor, Charles provides nonbias information on applying for various Medicare programs.



Charles Gutfeld has volunteered as a SHIP Counselor for the past seven years.

SFC is so grateful and appreciative of Charles's many years of dedicated volunteerism Executive Director, Richard Juarez Sr., has nominated Charles for the 2023 Senior Illinoisan Hall of Fame for his extensive community service at SFC.

If you are interested in volunteering at Solutions for Care visit <https://solutionsforcare.org/volunteer/> for more information on all available volunteer opportunities.

Income Tax Preparation Assistance

Tax Season can be stressful for many older adults as they may not know who to turn to for help in preparing their tax returns. Here are a few services in Illinois available to low-to-moderate income families and older adults 60+.

As a reminder Tuesday April 18, 2023 is the last day to files taxes for individual income tax returns.

- **IRS's Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) programs**
- **AARP Foundation Tax-Aide Program**
- **Ladder Up Tax Assistance Program**
- **Illinois Department of Revenue**

Events

Stay informed on Solution for Care events, community events, and local resource events. Visit <https://solutionsforcare.org/events/> to view informational event flyers on individual events. Please note some events may require advance registration.

- **Senior Health Insurance Program (SHIP) Counselors are available every Monday & Thursday for Medicare Counseling** By Appointment only. Call to make an appointment at 708-447-2448.
- **3/28/23 (Wednesday) - Presentation of Aging & Disability Resource Network Programs** : Location: Proviso Township - 4564 Harrison St., Hillside, IL 60162.
- **3/30/23 (Thursday) - Scalabrini Immigrant & Refugee Services, Inc. (Formerly Known As 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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