

# Newsletter



September 2022

## SOLUTIONS for care.

As the 2022 summer season winds down we at Solutions for Care hope this newsletter finds you in good spirits and health. The summer months have been busy for all and we want to take a moment to remind our clients and community of our mission. Solutions for Care is committed 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. We stand by our mission and want to give our clients and community an update on our programs, local resources, and upcoming events as we move into the fall season.



## Mental Health 101

September is National Suicide Prevention Awareness Month (SPAM) which includes National Suicide Prevention Week from September 4th - 10th. Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. With that in mind Solutions for Care's Executive Director Richard Juarez Sr. and Board of Directors member Erin Emery-Tiburcio, Ph.D. who is also Co-Director at RUSH for Excellence in Aging held an Older Adult Mental Health 101 half-day training for all Solutions for Care employees. The training focused on an array of mental health topics bringing light to the fact older

adults are not immune to suicide or addiction. Solutions for Care employees play a big role in advocating for clients therefore knowing the signs of depression, suicide, and addiction in older adults is beneficial to all in their personal and professional lives.

The goal during SPAM is to ensure Solutions for Care clients have access to the resources they need to discuss suicide prevention and seek help. The recently launched 988 Suicide and Crisis Lifeline has made it easier than ever to reach out for help. Lifeline is a free resource and is available 24/7. It is fully accessible to all users, including



people with disabilities and older adults. All a person has to do is dial or text 988 to reach a trained counselor. For more information on this free resource visit [988lifeline.org](http://988lifeline.org).



## Energy Assistance

As we move into the fall season Solutions for Care understands how important your utilities are in creating a safe and comfortable home for you and your family. You can take comfort in knowing Solutions for Care 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. The application period for



CEDA's programs have resumed as of September 1, 2022. 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 [solutionsforcare.org](http://solutionsforcare.org) for more information.

## Events

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

- **9/14/22 – 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) Call SFC for more information at 708-447-2448
- **9/15/22 – Commissioner Aguilar's 16th District Seniors Day at the Zoo:** 10 AM – 12 PM at Brookfield Zoo 3300 Golf Rd. Brookfield, IL 60513. RSVP at 773-758-0757
- **9/22/22 – Casa Esperanza Informational Booth:** By Appointment only. Call to make an appointment at 708-345-3632. Location: 1115 23rd Ave. Melrose Park, IL 60160
- **10/6/22 – 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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