

# Newsletter

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**SOLUTIONS**  
*for care.*



Wishing all a happy and healthy holiday season!

November/December 2023

The end of 2023 is right around the corner. Solutions for Care staff would like to wish our clients and community partners a happy and healthy holiday season. We look forward to seeing our clients and partners in 2024.

This final edition of our newsletter spotlights National Caregivers Month, GivingTuesday and how to donate, Medicare Open Enrollment ending December 7th, and lastly CEDA's Energy Assistance programs.

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## November is National Caregivers Month

November is National Family Caregivers Month. It is a time to recognize and honor family caregivers across the country. The 2023 theme for caregivers awareness month is "Caregivers Connect". This theme highlights how important it is for caregivers to build strong connections to access information, share experiences and find support. Solutions for Care's [Caregiver Resource Center](#) is the true embodiment of this year's theme. Creating resources and a safe environment for caregivers to share and learn together.

Solution for Care's Caregiver Resource Center (CRC) serves as a point of entry to a broad range

of services and resources for caregivers and [Grandparents Raising Grandchildren](#).

If you are a caregiver in search of a community Solutions for Care's [Caregiver Support Group](#) will help you share your caregiver experience and learn new skills and techniques to help you and your loved one. Share with the group your concerns and emotions in a safe nonjudgmental space. Explore solutions with others facing the same struggles. The Caregivers Support Group meets every second Friday of the month at Solutions for Care from 11am to 12pm.



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Solutions for Care's Caregiver Resource Center staff Miriam Rico and Lisa Sandoval hosted the monthly Caregiver Support Group on Friday, November 10th. To make this support group extra special and to celebrate all caregivers were awarded a certificate of appreciation and a gift for all the wonderful things they do while caring for others.

## 'Tis the Season of Giving

GivingTuesday is a global generosity movement, unleashing the power of people and organizations to transform their communities and the world.

You can show your generosity in a variety of ways during GivingTuesday—whether it's helping a neighbor, advocating for an issue, sharing a skill, or giving to causes, everyone has something to give, and every act of generosity counts.

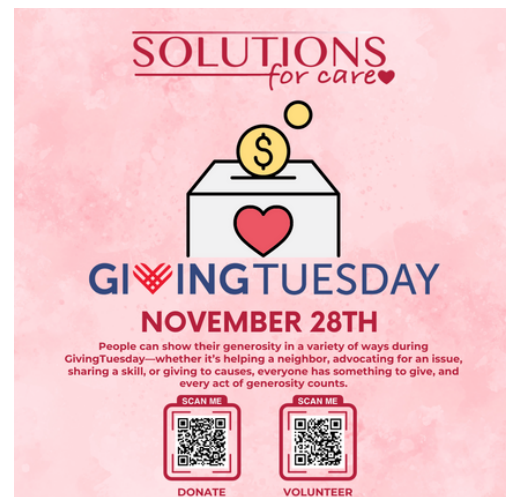
Solutions for Care's programs and services help preserve the independence and dignity of all older adults and those living with disabilities in Berwyn, Cicero, and Proviso Township.

Your donation will make a positive impact in the lives of older adults, caregivers, and persons living with disabilities communities.

Please consider donating or volunteering with Solutions for Care so we together can continue to advocate for those who need it most.

Donations are quick and easy to make through our secure donation page at <https://secure.ggiv.com/for/solutionsforca/redonationform>. Remember no donation is too small. Also, all donations are tax deductible.

Donating your time through our volunteer program is also a great way to give. Volunteers will have the opportunity to assist both in the Solutions for Care's main office and in the community. For more information on volunteering visit <https://solutionsforcare.org/volunteer/>.



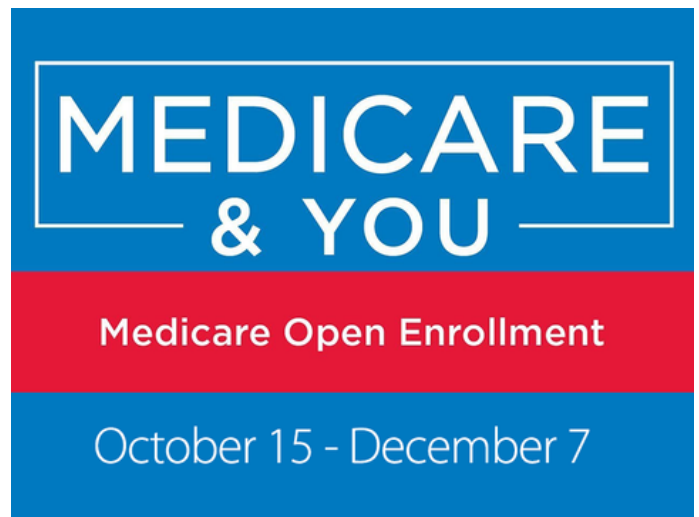
Giving Tuesday is November 28, 2023. Join the generosity

# Reminders!

## Medicare Open Enrollment

Medicare Open Enrollment ends December 7, 2023. Check your plan to make sure it meets your needs for 2024. You can find Medicare plan information or compare plans by calling 1-800-MEDICARE or by visiting [www.Medicare.gov](http://www.Medicare.gov).

Solutions for Care's Senior Health Insurance Program Counselors (SHIP) are available by appointment to provide resources and information about applying for or changing Medicare, help [art 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.



Make changes to your Medicare plans by December 7, 2023.

## CEDA's Low Income Home Energy Assistance Program

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.

Appointments for seniors and persons with disabilities can be made by calling 708-447-2448.



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.



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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