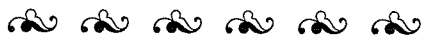




Agency News

Our Pontiac office is open five days a week once again. This started on Monday July 6th. We expect to have a busy year with some additional assistance programs. Rosalie is not normally in the office on Wednesdays. Our office is closed over the lunch hour from noon until 1:00.

We do not expect to have fans to give away; the state is not providing funds this summer for fans or air conditioners.



Com Ed & Ameren Rate Relief Plans

We continue to offer assistance to help customers apply for the Com Ed or Ameren rate relief plans. If you are a current customer of Com Ed, Ameren IP or Ameren CIPS and have experienced a hardship that makes it difficult to pay your electric bill *OR* if you are a grandparent raising grandchildren, please contact our office for information on how we can help you get a credit on your bill.

Emergency Preparedness – Summer heat and your health

We have had some hot weather already, and surely more will follow. Please be sure to take care of yourself in extreme heat. It is important to pay attention to heat and other extreme weather in the summer so that you can maintain your health.

We have included a handout for you to remind you about some ways to stay cool this summer and one listing Livingston County services.

Senior Surveys

Thanks to all of you who sent in surveys from our last newsletter. Here is a report on what you told us.

You said the top three areas we helped you with last year were:

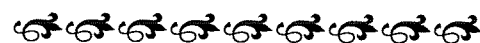
- Circuit Breaker Applications
- LIHEAP and rate relief help
- Information from our Senior Newsletter

You also mentioned the help received with Rx costs and help we provided in better understanding government assistance programs.

You felt the top concern for families was paying for heat and light bills.

You felt that our community has a substantial need for home repair loans, credit repair, homemaker services & mortgage foreclosure intervention. There are programs that help in all of these areas; we will feature information on them in upcoming newsletters.

Most all of you gave us very high marks for staff knowledge, our helpful attitude and the programs we offer. We received over 100 positive comments about your lives and your community. You also told us the ways in which you make use of our agency and programs; this helps us to improve our services and plan new programs based on what we hear from you. *Thanks again for your input.*





Summer Cooling Program – We are currently taking applications to help you with a payment of \$150. onto your summer electric bills. We can take applications until July 31st or until our funds are exhausted. This program is for at risk households:

Our office is at: 741 W. Washington Street,
Suite 1, Pontiac, IL 61764

Our office hours are:

Monday through Friday

from 8:00 to 4:30, we are closed from 12-1

Office Phone - 815-844-3201

Senior Line - 815-842-3484

e-mail – cathyg@mccainc.org

Fax Line – 815-844-5896

MCCA Website – www.mccainc.org

- seniors, 60 and over
- those receiving SS, SSI or VA disability benefits or who have a pending application
- households with a child aged 2 or under
- households where someone has a serious medical condition, verified by their doctor

Gross monthly income must be at or below:

1 person - \$1,354.

3 people - \$2,289

2 people - \$1,821

4 people - \$2,756

Give us a call if you have not yet applied.

Rosalie Hjerpe is our Senior Advocate

Her e-mail is: rosalieh@mccainc.org

We are funded, in part, by the East Central Illinois Area Agency on Aging (ECIAAA) & United Way



Recipe

Rosalie had some delicious sauerkraut recently at a senior potluck in Chatsworth. Here is that recipe.

Mary Lou's Sauerkraut with Neck Bones

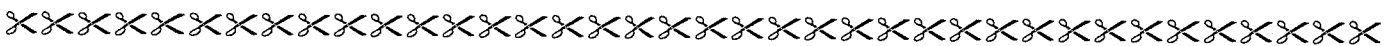
- | | |
|-------------------------|-----------------------------|
| 1 tsp Accent | 1 large onion diced |
| 4-5 potatoes | 1 Tbs. caraway seed |
| 2 lb. neck bones | 4 Tbs. brown sugar |
| 2 cups water | 1 tsp. salt & ½ tsp. pepper |
| 2 large cans sauerkraut | |

LIHEAP (Low Income Home Energy Assistance Program) – In September we will begin the regular LIHEAP program for seniors and those receiving SS, SSI & VA disability benefits or who have applied for benefits. The program will start on Tuesday, September 1st with a walk in day. That is also the first day to call for appointments.

We will also be taking applications at outreach sites around the county; so please check our fall newsletter for those dates.

LIHEAP assistance will mean a payment onto your heat and light bills, it may also qualify you for other assistance programs – check with your caseworker when you apply. The LIHEAP program usually runs until about May, so there will be plenty of time to apply.

Brown the neck bones in oil in a large pot, season with salt, pepper and accent as you brown them. Remove neck bones & brown the onion - then add neck bones, sauerkraut, water, brown sugar and caraway seeds. Simmer 1 ½ hours – add 4-5 peeled whole potatoes and cook 40 minutes until potatoes are done. Serve with rye bread and butter.



Our services are provided at no cost to seniors, however, contributions to *Senior Services* are always appreciated & assist to keep the program strong. Please make checks out to Mid Central Community Action, Inc. and send to:

Mid Central Community Action, Inc., 741 W. Washington, Suite 1, Pontiac, IL 61764

Name _____

Address _____

Town/State/Zip Code _____

\$ _____

Donation amount