

## **Construction in progress at Mid Central Community Action's Grove Street Location**

**Things are changing around the *Grove Street* office.**



We are currently in the process of remodeling the front office and waiting area. When completed, the front office will have a separate office for the receptionist with a window and counter to provide more privacy to clients as they check in. The changes also include a new staff work area, mail system, and several other upgrades which are long overdue.

*Construction should be complete by the middle of August.*

**Until then, please excuse our dust, noise and inconvenience.**

**The finished product will be well worth it!**



## Energy Efficiency

**The average US family spends \$1,500 a year on home utility bills.**

**Did you know that a large part of this energy and money is wasted?**

**Below are a few tips on how you can save energy and money at home:**

- Upgrade insulation in attics, basements, walls, and floors.
- Seal air leaks around windows and doors with caulk, weather strip or door sweeps.
- Set back your thermostat when you are not home.
- Install low flow shower heads.
- Turn your water heater setting to low.

**By taking these steps, you should notice a decrease in your overall energy costs.**



## Mayors Manor News

**"The Way After Memorial Day But Not Quite 4th of July Cookout"** was held at Mayors Manor on July 1, 2004. The weather had been so unpredictable that we came up with this title for our cookout. Staff donated hamburgers, hotdogs, chips, potato salad, drinks and ice cream sandwiches. About 20 tenants, five Mayors Manor staff and one volunteer attended. Everyone assisted with grilling and food preparation. A good time was had by all!

The Mayors Manor food closet is pretty bare! We will be picking up food donations at Dynamic Partners the first Monday of the month, as usual. Anyone wishing to donate food or non-food essentials for Mayors Manor residents, please call 827-2967 or stop by Mayors Manor anytime at 504 W. Washington St. Bloomington, Illinois.

A special Thank You to a donor who would like to remain anonymous. This donor delivers food items, bus tokens and miscellaneous items as well as a smile and a kind word on a regular basis. The last delivery was very special and every tenant received a package of freshly ground hamburger! We sent the donor a Thank you and received a very kind letter in return.

Case Managers are assisting two tenants with their plans to attend Heartland Community College in the fall of 2004. They have completed their Financial Aid applications, testing, transportation is arranged and class schedules have been selected for next semester. We wish them well!



# Livingston County News

## Pontiac United Way & Fairbury Community Fund

Community Action has been awarded grants from the Pontiac United Way and the Fairbury Community Fund. These grants provide funds to assist our Senior Services program. Our contract with East Central Area Agency on Aging (ECIAAA) necessitates a 15% match to show community support and these grants help with that requirement.

We help to raise these funds by giving talks for United Way to businesses during the fund drive and also by the Pontiac staff being contributors to United Way themselves.

## Medicare Program

Rosalie, Senior Advocate in Livingston County, had attended two recent trainings on the new Medicare services programs to help seniors with their Rx medications. We have a worksheet and listing of the over 70 drug discount cards currently being offered. Seniors can fill out a worksheet, including a list of the medicines they take, and then send it in for assessment. They will then receive a print-out which can help them decide which drug cards they would like to choose. If you call Rosalie, she can walk you through this process.

## Alzheimer's Program

Community Action is hosting a program given by Shelly Hunt from the Alzheimer's Association at Pontiac Towers Community Room on Friday August 20, 2004 at 10:00 a.m. Shelly will give an overview of memory loss, preventions, treatment and ways to keep your memory strong. This is a free program and refreshments will be provided.



# Livingston County Senior Case Study

## Dwight – June 2004

This summer our senior advocate, Rosalie, was canvassing a subsidized housing complex in Dwight where she met a senior new to the area. The lady invited her in and told Rosalie she had moved to Livingston County a few months earlier after retiring from her job at a nursing home.

She said she was now living on a Social Security income of less than \$600 a month. She had recently received notice that an additional \$66 per month would need to be deducted from her check to cover her on the Medicare part B program. She told Rosalie she was thinking of selling her car to try to help make ends meet, however she knew it would greatly affect her independence. She did not know about any of the programs that already existed to help her.

Rosalie explained that since she would soon be turning 65, they could go ahead and fill out a circuit breaker application. While doing that, Rosalie explained the benefits which included medication coverage, reduced license place fees and perhaps a grant back from the state, which would in turn help her pay other bills.

Rosalie also told her that in September, Community Action would begin the 2005 energy assistance program (LIHEAP) which could make a payment onto her electric (heat) bill to reduce that expense for several months. In addition, she gave the senior information about food stamps and the medical benefits available through DHS, which could mean her Medicare premium would be paid by the state.

Because she is living in subsidized housing, she also qualifies for link-up and lifeline through her local phone company to waive connection fees and lower her monthly phone bill by at least \$10. By the end of the visit with Rosalie, this new Dwight senior said she was hopeful that she might be able to make it in retirement without selling her car and how thankful she was to have some help and someone to explain it all to her.

*Once again, the knowledge and thoroughness of our Senior Advocate was able to provide some peace of mind to this senior while she guided her through the sometimes confusing array of services that are available to seniors in Livingston County.*

## Helping People, Changing Lives

