

## Faith in Action of Bloomington-Normal "Legacy of Serving Seniors"

### **A Letter From The Executive Director**

As the days have a crisp in the air, pumpkins are everywhere, and the daylight grows shorter, we welcome fall. With fall comes falling leaves. If care receivers need someone to rake their leaves, call into the office at 309.827.7780 to get on the "leaf raking" list.

We had a wonderful Take Action Luncheon in August. Virginia, pictured with me, shared her story about her dad and how she became involved as a volunteer and a board member with Faith in Action.

This newsletter is packed with hopefully useful information including a potential energy savings program that can pay related expenses if you qualify (see page 3) and a wonderful online resource - McLean County Senior Resource Center (see page 3). Be sure to see the new volunteers added on page 2.

When arranging rides, you should always go through the FIA office. We

need at least 7 days notice but you can always book appointments further out once they are scheduled.

Anything with short notice will require other resources. Our drivers are all volunteers so please keep that in mind.



The staff and volunteers at Faith In Action wish you well during this season. Enjoy these cooler autumn days.

Blessings,

Pamela Sweetwood

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### **Rides after general anesthesia**

Most surgeries require a responsible party to be with you 24 hours after the procedure. Our volunteers don't necessarily wait during the appointment, cannot be the "responsible party" or have any commitment beyond the ride. They cannot sign discharge or release paperwork. If you do not have a responsible party, you risk the surgery being cancelled or being admitted to the hospital. FIA can drive care receivers and their "responsible party" to/from the appointment OR the care receiver to the appointment with the care receiver making plans for the way home.



# NEW VOLUNTEERS — JULY, AUGUST, SEPTEMBER



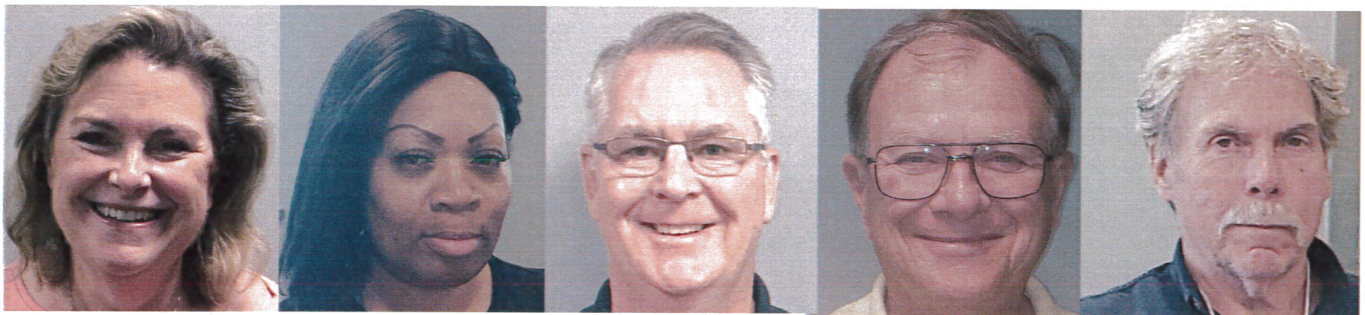
Amanda H - Ann H - Barb N - Beth H - Bob H



Cathy J - Eleanore S - Hannah A - James C - Jan R



Judy P - Kartik V - Kris D - Lisa J - Myrna S



Molly W - Patricia S - Ted H - Ted R - Tony O

## REMINDER:

- ◆ All calls should go through the Faith in Action Office, 309-827-7780.
- ◆ No calls should be made directly to the Volunteers.



# AVAILABLE SERVICES

## Have BOTH Ameren & Nicor?

Ameren Illinois (electric) and Nicor Gas (natural gas) have partnered to provide FREE energy assessments to qualifying customers. Their team will install free energy-saving products in your home and identify more ways you can save money and energy. After the assessment, qualifying homes can receive free services such as air sealing and insulation, furnace tune-ups, as well as health and safety improvements. These services can help lower your energy bills, make your home more comfortable, and may add to the value of your home. Call 309.429.6608 to see if you qualify. You may also sign up through: [www.ee-savings.com](http://www.ee-savings.com)

If you only have one utility, see what might be available to you at:

Nicor-only resources: <https://www.nicorgas.com/saveathome>

Ameren resources: <https://amerenillinoissavings.com/>

### For questions contact:

VA Illiana HCS  
My HealtheVet Coordinator  
Debra Anglin-Jones

My HealtheVet Program  
Support: Carlos Cunningham  
(217) 554-3271

### National Help Desk:

1-877-327-0022

## Veteran Assistance



ILLINOIS STATE  
UNIVERSITY  
*Memnonite College of Nursing*

**McLean County has a new website to serve older adults.**

For helpful senior resources visit <https://tinyurl.com/sr-resources> to learn more about:

- Health support
- Basic needs, housing, food security & transportation
- Technology, finances, community calendars, events & support groups
- Diversity, newsletters, radio
- Opportunities for education and volunteering

**Do you need someone to help you get your groceries or shop with you once or twice a month?**  
Contact [Shopping@bnfia.org](mailto:Shopping@bnfia.org) or call the office at 309.827.7780



**FAITH  
IN ACTION**



**Caregivers can benefit from this support group**

**SUGAR CREEK**

ALZHEIMER'S SPECIAL CARE CENTER

- Free to those who assist in the care of Dementia & Alzheimer's individuals
- First Tuesday of every month at The ARC Center in Normal at 9 AM
- Sponsored by Sugar Creek Alzheimer's Special Care Center, Normal

# TIPS

## MEMORY STRATEGIES

- Picture it in your mind
- Think of connections between things to help recall
- Repeat it over and over, either out loud or silently in your mind
- Make up sayings or rhymes to help you remember
- Go through the alphabet in your head one letter at a time, focus on each letter and see if it triggers a memory. This is usually best for remembering names of people, places and things.

## GETTING ORGANIZED

- **Calendar or date book** - write down appointments and things to do.
- **Make Lists** - cross things off when done
- **Post-it notes** - put where you need to see it
- **Dry Erase Board**
- **Notebook** - pocket-sized to carry with you
- **Alarms and Timers** - on watches or phones
- **Highlighters**
- **Pill reminder/case**



## WAYS TO IMPROVE SLEEP

- Keep the same bed/wake time each day
- Follow a bedtime routine
- Avoid naps
- Avoid caffeine, nicotine & alcohol at least 4 hours before bedtime
- Limit large meals before bedtime. Instead have a light snack, if needed.
- Get plenty of exposure to natural sunlight during the day to keep your body on a normal sleep-wake cycle.
- Keep your bedroom clean cool, and dark.

## Service Animals



Service Dogs offer their owner/handlers the gift of navigating the world with more confidence and quality of life.

When encountering a person dependent on a Service Dog, treat them the way you would any other person. It is not appropriate to pet or distract a Service Dog. Never ask questions to try to figure out what the owner's disability is even if they don't look "disabled."



# FAITH IN ACTION NEWS



**FAITH  
IN ACTION**

of Bloomington-Normal

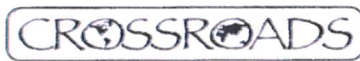
2022 HOLIDAY FUNDRAISER  
NOVEMBER 29

Shop in store on **November 29** or  
Shop online November 1 - December 17

15% of your pre-tax purchases will be earned for  
**Faith In Action!**

Identify our organization at the register when you checkout or  
add to the notes section when you shop online at  
[crossroadshandcrafts.com/shop](http://crossroadshandcrafts.com/shop).

Giving Th♥nks,  
Giving Back 2022



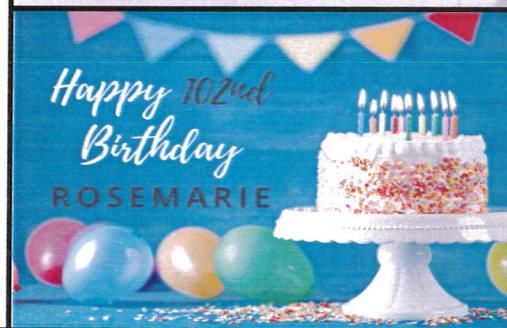
FAIR TRADE GOODS & GIFTS  
428 N MAIN ST | BLOOMINGTON, IL 61701

## I Volunteer with FIA...



Jane

*because I  
enjoy  
connecting  
with seniors  
in our  
community*



### FIA Trivia

January - June 2023

Number of Rides 4,984

Number of Care Receivers 293

Number of Volunteers 252

*More than Just a Ride*



## Beautiful Fall

*when thoughts turn to raking....*



FIA Care Receivers can request  
cleanup help. Call soon to be  
added to the list. November is  
right around the corner.

309.827.7780

## FAITH IN ACTION HOLIDAY CLOSURES



Thanksgiving &  
Day After

November  
24 & 25



Christmas &  
Christmas Eve

December  
23 & 26

**2023**

New Year's  
Day

January  
2





600 E. Willow Suite 201  
Normal, IL 61761

Return Service Requested

FIA Office Hours

Monday - Thursday:

9 AM - 4 PM

Friday: 9 AM - 12:30 PM

Closed Saturday & Sunday



Phone:  
309-827-7780  
www.bnfia.or

Follow FIA on Facebook: @bnfia  
Faith in Action - Bloomington/Normal



THANK YOU FOR SUPPORTING FAITH IN ACTION IN 2022!



BroMenn Medical Center



Phillips & Associates, CPAs, P.C.  
Richard W. Phillips, CPA



SUGAR CREEK

ALZHEIMER'S SPECIAL CARE CENTER

