

Faith in Action of Bloomington-Normal

"Legacy of Serving Seniors"

A Letter From the Executive Director

Summer has come to an end and the crisp air and colorful leaves remind us of the changing seasons we experience in Illinois!

Fall is my favorite season. It brings back memories of visiting the pumpkin patch, shelling popcorn from our garden, football games and marching bands! As a child I enjoyed making huge piles of leaves and jumping into them.

Leaf raking time is near and FIA has volunteers ready to help. If you would like assistance, please call our office now to sign up.

August and September were busy months for Faith in Action. The Take Action Luncheon fundraising event was well attended by the community and very successful as were the trip to Niagara Falls and the Mum Sale. All of these events raise funds that make it possible for Faith in Action to serve you. Thank you to everyone who supported our mission.

Note office closures below and make your appointments accordingly so the request is seven days prior to the appointment.

It is a pleasure to serve you through Faith in Action.



Blessings,

Darla Heath

Executive Director

FAITH IN ACTION HOLIDAY CLOSURES		
	Thanksgiving & Day After	November 23 & 24
	Christmas & Christmas Eve	December 25 & 26
	New Year's Day	January 1

Fall Vaccines. . . **RSV** is a concern this fall and winter, and there are new vaccines for this virus. RSV can be dangerous for older adults. Talk with your physician about getting the federally approved vaccine for RSV.

If you have not already gotten the **flu** vaccine, do so as soon as possible. These are readily available in doctors offices, drugstores and elsewhere.

As for **Covid** the best defense is still vaccination and post-infection treatments. The updated Covid vaccine and flu vaccine can be given at the same time, usually before the end of October to be most effective. If you get Covid, talk to your doctor about taking Paxlovid or a different treatment. *Source—David Leonhardt, New Your Times*

Questions to Ask When Choosing a Medicare Advantage Plan

1. How Much Does a Medicare Advantage Plan Cost? How much will you have to pay monthly? What is the deductible? What is the maximum you will pay each year out of pocket? Compare Medicare Advantage plans to find the one that fits your budget while still meeting your medical needs.

2. What Additional Benefits Does a Medicare Advantage Plan Offer? In most cases, a Medicare Advantage plan will include prescription drug coverage. If it doesn't, you can choose a different plan or purchase a separate Medicare part D drug plan. Most Medicare Advantage plans also offer additional benefits such as vision, hearing, dental coverage, and wellness programs.

3. What Doctors and Specialists Can I See? If you've seen the same primary doctor or specialist for a long time, they probably has a deeper understanding of your overall health. Before choosing a Medicare Advantage plan, confirm that your doctors are in network. If you visit a doctor outside of your plan's network, you may have to pay more.

4. What About My Prescriptions? Before you commit to any one Medicare Advantage plan, see if your current prescriptions will be covered. Also, find out what the costs are for brand-name and generic drugs to cover any future prescriptions. Finally, if you want to stay with your current pharmacy, make sure that it is in the plan's network.

5. What Happens When I Travel? Even if you don't travel frequently, you may

ask if you will be able to see doctors, get services, and fill prescriptions throughout the U.S. There are plans available that may offer coverage when you're out of your out of the country, but costs and rules vary from plan to plan.

*Written by Pam Deaton of HealthMarkets
Pam Deaton HealthMarkets is a proud Faith in Action sponsor*

ARC Vaccine Clinic: October 18th, from 9 a.m. - 3 p.m. COVID vaccine booster and flu shot clinic in the Rec Room. This clinic is open to ARC members and the public. Insurance information must be provided - either private or Medicare Part B. Information is yet to come regarding walk ins or registration.

Food Dates Mean Quality

Food packages come with product dates to help shoppers know when the quality of food is at its peak. Foods are often safe to eat after the product date, but the quality of the food may be less fresh.



- Best if Used By/Before: when a product will be of the best flavor or quality
- Use-By: when a product should be eaten for best flavor or quality
- Sell-By: when a store should remove the product from a display

For more on food safety, visit www.fsis.usda.gov/food-safety
Information provided by University of Illinois *Extension*

AVAILABLE SERVICES

Peace Meal Senior Nutrition Program

OSF Peace Meal helps seniors improve their nutrition, sustain their independence and enhance their quality of life through meals, fellowship and a connection to other needed services.

Peace Meal can assess program appropriateness directly for seniors or a loved one. For questions or to make a reservation call 309.665.5900.

The Center for Human Services provides counseling services to adults with emotional or family issues. Trained therapists and counselors provide individual services as well as case management.



The service is available free of charge to those 18 and older. They provide short-term counseling and linkages to community resources.

The center is located at 402 N Center Street, Bloomington. If you are interested in these services 309.827.5351 for an appointment or stop by their office.

Equity for Elders Project

Prairie State Legal Services serves people age 60 and over who live in McLean County .



Issues they may be able to help with:

- You feel unsafe at home or want someone living with you to leave.
- Your public benefits have been changed or decreased.
- You were scammed by someone.
- You would like to create power of attorney documents or get rid of old ones.
- Someone helps you with you money, but you want them to stop or you want to know what they are doing.
- Someone is garnishing your income or putting a lien on your property.
- You are having problems with housing or your landlord.
- You need more help to live at home independently.
- You have a criminal conviction that you would like to have expunged or sealed.

This service is free and confidential-the attorney can advise you of your options, even if you are not ready to take action at this time.

Call 309.827.5021 to schedule an appointment.



New Software Thank you for your patience as we change to a new software program to schedule appointments. A call in could take slightly longer than usual as everyone learns this new process.

Please let us know if you have a change of address, if you are in the hospital or if you've had a major change in health status.

Linda is a FIA volunteer who calls each Care Receiver annually to learn how we are doing with our services and if you need referrals to other agencies. Please be expecting a call from her every year.

IMPORTANT REMINDERS

- ◆ All calls should go through the Faith in Action Office, 309-827-7780.
- ◆ Schedule with FIA at least 7 days prior to an appointment. We can accept ride requests months in advance too.
- ◆ Our volunteers make arrangements in their schedule to provide rides and other services to you. Please keep cancellations to a minimum.
- ◆ Please refrain from asking your volunteer for an unscheduled extra stop.
- ◆ Faith in Action volunteers are not able to give you a ride home from any procedure that requires a responsible party,.
- ◆ If you have an upcoming appointment, please answer the phone and/or listen to your messages if you see an unfamiliar number, it could be a volunteer confirming your appointment.
- ◆ Wheelchairs cannot be transported. Walkers and canes are acceptable

Your gifts are greatly appreciated. If you would like to make a donation there is a gift envelope included with this newsletter for your convenience. Thank you!

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Thank You to our Supporters

Grantors

John M. Scott Grant

The Christmas Eve Fund

A Donor Advised Fund of

Renaissance Charitable Foundation



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Bronze Sponsors



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





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



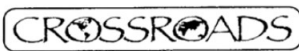
Phone:

309-827-7780

www.bnfia.or

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

SHOP TO DONATE AT



FAIR TRADE GOODS & GIFTS



Shop from November 6th to December 15th* and mention Faith in Action at checkout for 15% of your purchase to benefit FIA

*excludes December 1st



New York City
7 DAYS 6 NIGHTS

\$1115
/Person
for double occupancy

- Motorcoach transportation
- 6 nights lodging including 4 consecutive nights in the NYC area
- 10 meals: 6 breakfasts and 4 dinners
- Two Guided Tours of New York City.
- See Central Park, Rockefeller Center, Times Square, Wall Street, the 9/11 Memorial, and much more!
- Visit Ellis Island and Liberty Island - home of the Statue of Liberty!
- Visit the stunning One World Observatory



309-827-7780 | WWW.BNFIA.ORG

