



Faith in Action of Bloomington-Normal

“ More Than Just a Ride ”

A Letter From the Executive Director

Dear Friends,

As we transition into the beautiful season of fall, I am reminded of the vibrant colors and the refreshing crispness in the air that make this time of year so special. However, with the beauty of fall comes the inevitable task of leaf raking.

We are pleased to announce that Faith in Action will once again be offering leaf raking services to our current care receivers. Our dedicated teams of volunteers are ready to assist you in keeping your property tidy and safe. Leaf raking will take place throughout November.

To ensure you receive this service, please contact the Faith in Action office by November 1 to request leaf raking. Advance requests are necessary to help us organize our volunteer teams effectively.

Medicare open enrollment is from October 15 to December 7, 2024. For more details, check out the article from our friends at Community Care Systems on page two of this newsletter. CCSI is one of our valued supporters.

Thank you for being a part of Faith in Action. It is our pleasure to serve you.

Blessings,

Darla Heath

Executive Director

Faith in Action of Bloomington-Normal

Vote in the 2024 Election

With election season on the horizon, it's essential to understand your voting options. Beyond heading to the polls on November 5, there are convenient alternatives that allow you to cast your vote.



To vote by mail call the McLean County Clerk's office at 309.888.4035 before October 31 to obtain an application. You will receive a ballot once approved.

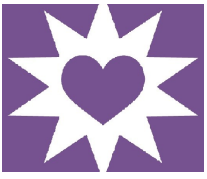
Early voting lets you cast your ballot before Election Day and takes place between September 26 and November 4. The County Clerk's office can tell you the locations.

You may utilize the monthly quality of life ride for early voting. Note that on November 5, finding a driver may be challenging due to volunteers voting and increased ride requests.

Plan ahead and exercise your civic duty. Remember, your voice matters.

Thank you for your generous gifts!

If you wish to make a donation to Faith in Action, please use the enclosed gift envelope for your convenience. Every contribution helps us continue providing essential services. Thank you once again!



Faith in Action of Bloomington-Normal

Medicare Open Enrollment is your Chance to Save Money. Can you afford NOT to see a SHIP Counselor?

*Written by Annette Morrison, M.S., CRS-A/D, DCS
CCSI Case Coordination LLC, Supervisor of Older Americans Act Programs*

Each year, Medicare holds an Open Enrollment period from October 15th - December 7th so beneficiaries can look at their current Prescription Drug Plan or Advantage Plan with Drug Coverage to compare with other plans. Changing could save you serious money starting in January 2025. For those who do not feel confident doing this alone, Senior Health Insurance Program (SHIP) Counselors are available to assist you.



Navigating Medicare

Amazingly, many beneficiaries claim they have never heard of SHIP Counselors and have been on the same plan for more than 5 years. SHIP is an Illinois Department on Aging Service that trains Counselors to help find solutions to insurance needs – including affording prescription drugs and costs associated with Medicare. Prescription Drug Plans and Medicare Advantage Plans with drug coverage are extremely fluid. Features of each plan can change from year to year, such as: premium, deductible, medications covered, Tiers the medications are on, copays, and preferred pharmacies.

Every year, CCSI's SHIP counselors hold appointments to help Medicare beneficiaries make informed choices about whether to stay with their current plan or if making a switch will save them money. CCSI SHIP Counselors hold office appointments, appointments at our 14 Outreaches throughout McLean County, and for those beneficiaries who cannot get out of their home, home visits.

To make your appointment with a CCSI SHIP Counselor, contact CCSI Case Coordination at 309-661-6400. We are located at 3601 G.E. Road, Suite 2, Bloomington, IL 61704. Donations for services are accepted but no one is ever denied assistance based on the inability to give. Funding provided through CCSI, ECIAAA and IDOA.

CCSI Case Coordination provides many other services to older adults in McLean County. If you or someone you know are interested in Case Management, in home services, Geriatric Counseling, Information & Benefit Assistance, Caregiver Advisory programs, or healthy aging classes, please reach out to us at 309-661-6400 for more information!



Faith in Action News

Ride Cancellation Policy

As you know, Faith in Action relies on volunteers to provide essential services to you. Recently, we've encountered several instances where Care Receivers have cancelled their scheduled appointments without notifying us. This leads to volunteers arriving at the Care Receiver's home only to find no one there.

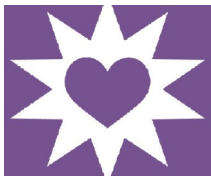
This situation is not only disappointing for our dedicated volunteers who are eager to help, but it also wastes their valuable time that could be spent assisting others in need. Our volunteers generously give their time and energy to support our community, and it's crucial that we respect their commitment.

To ensure that our services run smoothly and efficiently, we ask that you make every effort to keep your scheduled appointments. If you absolutely must cancel, please notify us as soon as possible. Failure to do so may result in the suspension of services.

To cancel an appointment, call 309.827.7780 and reach out to the volunteer who has contacted you to confirm pick-up. Your cooperation is essential in helping us provide the best possible service to everyone in our community.

Reminders....

- All appointments must be scheduled through the FIA office.
- The Faith in Action office requires at least 7 days' notice to schedule any ride requests, but you can book rides several months in advance.
- Services are provided based on need, with no income guidelines.
- Local support enables us to offer this service in our communities.



Be on the Lookout for Bed Bugs. . .

Bed bugs are prevalent world-wide and have been throughout history. The cleanliness of a home does not affect their presence. These parasites seek human blood and a host.



While they do not transmit diseases to humans, they can be costly and difficult to eradicate. Pest management professionals agree that bed bugs are among the most challenging pests to control.

Bed bugs leave painless bites that appear as a rash. They feed on blood for three to five minutes before hiding to digest their meal, returning to feed about 10 days later. These parasites can survive for more than a year without a host and spread easily from person to person.

Blood smears on bedding can indicate their presence. If you suspect bed bugs, carefully inspect your mattress and other upholstered furniture, including places where pets rest. Managing bed bugs requires professional help.

If bed bugs are present in your home, please inform the Faith in Action office so we can protect our volunteers from infestation. Call 309.867.2573

Stay Hydrated all Year

Choose foods with high water content: If you have trouble drinking fluids try including water rich foods with every meal. These include cucumbers, watermelon, lettuce, strawberries, tomatoes and celery. Soups, broths and stews are also a good way to boost your fluid in-take. If you are watching your sodium, be sure to opt for low-sodium versions.

Keep water with you: Having it at your fingertips can make it easier to get the right amount of fluids. Carry a refillable water bottle with you, or keep a lightweight water pitcher and cup near your favorite chair at home.

Avoid or reduce your alcohol intake: Alcohol is a diuretic, which means it prompts your body to remove fluids from your bloodstream.

Change it up: Pure, clean water is the best way to stay hydrated. Drinking plain water all day can get boring! You may want to choose to switch up water with other options such as low-sugar sports drinks or protein and nutritional shakes specifically designed for older adults. Coffee and tea can have a slight dehydrating effect, so they should not be counted toward your daily fluid intake.

FAITH IN ACTION HOLIDAY OFFICE CLOSING

Thanksgiving

November 28 & 29

Christmas

December 24 & 25

New Year's Day

January 1

Kindly coordinate all service arrangements through the Faith in Action office.

Independent arrangements expose volunteers to liability and violate our policy.

Meet the Leadership Team

Faith in Action Board of Directors

Mike O'Donnell, President
Christine McNeal, President Elect
Courtney Greenlee, Vice President
Martha Hillmer, Secretary
Rick Phillips, Treasurer
Michael Carroll, Past President

Members at Large:

Faye Andris
Emily Buhrow
Jennifer Doran
Teresa Dubravec
Aggie Hedin
Robert Hillmer
Sandy Holcomb
Virginia Jordon-Benson
Krista Sheppard
Richard Staley

Faith in Action Office Team



Stacey Bill
Volunteer Coordinator



Darla Heath
Executive Director



David Nybakke
Office Manager



Mary Idleman
Volunteer Assistant



Lisa Majernik
Development Manager



Carolyn Wetzel
Care Receiver Coordinator



Mindy Morgan
Shopping Volunteer



Sharon Hoy
Friendly Visit Volunteer

DEC 2-7, 2024

\$955 /PERSON FOR DOUBLE OCCUPANCY

Bus Trip
FAITH IN ACTION

PIGEON FORGE AND SMOKY MOUNTAINS SHOW TRIP

- 5 NIGHTS LODGING INCLUDING 3 CONSECUTIVE NIGHTS
- THREE MORNING SHOWS: SMITH MORNING VARIETY SHOW, PATTY WASZAK SHOW & CHRISTMAS MEMORIES SHOW
- ONE AFTERNOON SHOW: "ICONS" - THE ORIGINAL LEGENDS SHOW
- THREE EVENING SHOWS: COUNTRY TONITE, PAULA DEEN'S LUMBERJACK FEUD SHOW & "ARRAY"
- FREE TIME IN HISTORIC DOWNTOWN GATLINBURG

309-827-7780
www.bnfia.org

“If there is anything I can do...”

by Aging Specialist, Pat Bivens

One of the most common expressions of sympathy or support is some variation of “Please let me know if there is anything I can do.” Whether it is said when a loved one dies, during an illness or when someone experiences a significant loss, it is a sign of support and empathy.

Think about when you’ve said it. When you’ve made the offer, do you mean it? Are you willing to go out of your way to help someone if they ask? Most people are. You will gladly run an errand or do whatever you can to help.

But when we are the recipient of the offer, why are we so reluctant to request help? During our most trying life events, when we are suffering grief, when our lives are most chaotic, when we have a million things that need to be done, why don’t we say “As a matter of fact, I could use some help...?” Why is it so hard to ask for or accept assistance?

Some of the reasons why we may be hesitant to ask for or accept help are:

- **Fear of losing independence.** Accepting help may create the perception that we are no longer able to do certain things like running errands or driving, and we may feel less independent as a result.
- **Desire to not be a burden.** Even if help is readily available, many of us may feel that by asking for help, we’re being a nuisance or hindrance to others.

- **Lack of trust.** From hired caregivers to other relatives, we may shy away from asking for help, because we aren’t sure whom we can trust.
- **Fear of giving up control.** We may fear that by asking for help, we are losing control or giving control to others.

How do you feel about asking others for help? How do you feel about accepting help from others, even when you didn’t ask? Do any of the reasons above ring true to you? Then ask yourself how do I feel when I help someone else? Chances are, you feel pretty darn good. So why are you so reluctant to ask for help when you need it, knowing the positive impact it will have on your helper.



309.888.9099
ARC
Activity and Recreation Center
A SERVICE OF NORMAL TOWNSHIP • FOR PEOPLE AGE 55+
600 E Willow, Normal

Celebrate the Season

ART & CRAFT SALE

OCT. 26, 2024
9 AM - 1 PM

All goods available for purchase have been hand-made by ARC members

This event is open to the community to attend

SPECIAL THANKS TO

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Grantors



John M. Scott

The Christmas Eve Fund
A Donor Advised Fund of
Renaissance Charitable Foundation



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.org

*Darla Heath-Executive Director
Stacey Bill- Volunteer Coordinator
Mary Idleman-Volunteer Assistant
Lisa Majernik-Development Manager
David Nybakke-Office Manger
Carolyn Wetzel- Care Receiver
Coordinator*

**FIA Care Receivers
can request help
with leaf clean-up.
To request service,
call
309.827.7780 by
Nov. 1st.**



Raking weekends are Nov. 9th & Nov. 16th