

Alternatives 
for the Older Adult

1803 7th Street
Moline, IL 61265

Non-Profit Org.
U.S. Postage
PAID
Moline, IL
Permit No. 340

This publication has been produced by Bridges with financial assistance, in whole or in part, through a grant from the Centers for Medicare and Medicaid Services, The Federal Medicare agency.

Alternatives for the Older Adult's programs are supported in part by grants from the Illinois Department on Aging, Western Illinois Area Agency on Aging, the Illinois Department of Human Services and The United Way.

Bridges *to you*

March/April 2011

Bingo For Bridges Annual Fundraiser

SAVE THE DATE!

Sunday, May 15

Lunch — 12pm

Bingo — 1pm

VFW Hall in Ottawa

More details coming soon!



**Bridges
Community
Center**

221 WEST ETNA ROAD - OTTAWA, IL 61350 - (815) 431-8034

Volunteer Appreciation

Bridges Senior Center is very fortunate to have 27 active volunteers! These volunteers donated more than 800 hours of time in 2010. The average value of one hour of volunteer time is \$22.50.

Bridges volunteers not only help many people in our community, they contributed 814 hours x \$22.50 = \$18,315 worth of cost savings back into our community! We are so grateful to our volunteers! Thank you!

AARP Driver Safety Program

The AARP Driver Safety Program, which is the nation's first and largest classroom refresher course especially designed for drivers 50+, will be offered March 30 & 31 at the Bridges Senior Center.

This driver safety course fits the need of drivers of any age. The classes are a total of eight hours offered in two, four-hour sessions. Classes will start at 12:30pm and finish by 4:30pm each day. You don't have to be a member of AARP to participate in these driver training classes.

In Illinois, if an individual is 55, the primary driver of the vehicle, has a good driving record and takes this course, which is approved by the Illinois Secretary of State, all auto insurance must provide a discount on auto insurance premiums. Participants must attend both days to receive credit from their insurance companies.

Enrollment is limited to 30 people for this class. To register, call Bridges at 815-431-8034. The fee is \$12 for AARP members and \$14 for nonmembers.

Our Volunteers:

Judy Allen
Lois Anderson
Nancy Armstrong
Henry Aroujo
Dora Blickensderfer
Bob Borla
Tory Callaway
Pat Davey
Don Dirks
Diane Gedraitus
Jan Grady
Bonnie Hardt
Louise Haefner
Bill Kupfer
Steve Malinsky
Charlotte McGrath
Dan Retoff
Linda Reynolds
Pat Scanlon
Judy Schoenenberger
John Smyser
Rose Sullivan
Terri Thomas
Mary Walsh
Mike Wetl
Karen Winchester



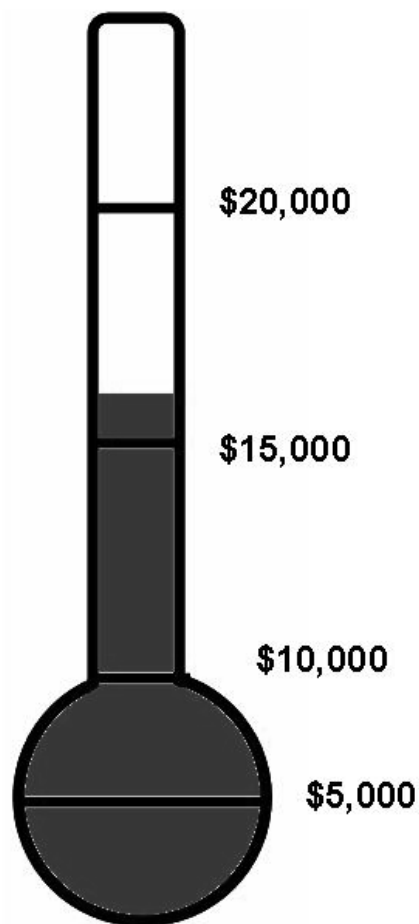
Bridges Challenge—Help Us Help Seniors!

In order for Bridges to receive state and federal funding to serve seniors we are required to raise \$25,000 in community funds. Your donation will help us raise those funds.

As of October 1, 2010, we have received donations from the following sources; United Way of Eastern LaSalle County, United Way of the Illinois Valley, Senior Center Bingo Sponsorships, Annual Appeal, Donation Box and Help Us Help Seniors Campaign for a total of \$16,919! Thanks to all who have supported Bridges Senior Center Community Funds! in the amount of \$8,081!

Please consider how valuable the services are to you and donate today. Your support is greatly needed and appreciated.

\$25,000



Community Input Meeting with Western Illinois Area Agency on Aging

March 25, 10am—12pm
Bridges Senior Center
Public welcome.

This is an informal meeting where seniors, caregivers, legislators and the general public can comment on the upcoming Area plan. Plan on attending this meeting for up-to-date information and to show your support of Bridges Senior Center.



Wii Bowling League

March 4th—April 15th on

Fridays at 1pm. Join others in this friendly competition that keeps you active and is great fun too. Register by February 25th. The fee for the six-week league is \$5. Prizes will be awarded at the banquet on April 15th.

EXPLORING THE HISTORY AROUND US

*March 17, 1pm Tour the Ottawa Scouting Museum
1100 Canal St., Ottawa*

The Ottawa Scouting Museum is filled with a menagerie of authentic scouting paraphernalia, equipment and different uniforms. There is also historical information about the organization and a display dedicated to W.D. Boyce, the founder of Boy Scouts of America. As an added bonus, the Abraham Lincoln Presidential Library and Museum inaugural travelling exhibit, "Abraham

Lincoln: Self-made In America" will also be on display for viewing. This event will follow the St. Patrick's Day Lunch served at noon at Bridges Senior Center. RSVP is required for both activities—call 815-431-8034 by March 14. You may attend one or both of these activities. The entrance fee for the Museum tour (limited to 50 people) will be paid through a grant from the Illinois Humanities Council, The National Endowment for the Humanities and the Illinois General Assembly.



*April 13, noon Potluck with
Speaker from the Ottawa Scouting Museum, at Bridges*

Following the potluck on April 13, at 12:45, Mollie Perrot—the director of the Ottawa Scouting Museum, will present information on the Boy Scouts of America and the Museum, at Bridges Senior Center. Mollie has been affiliated with the Boy Scouts for many years and will talk about the history of the organization and the role Ottawa played in it. This event is sponsored by a grant from the Illinois Humanities Council, The National Endowment for the Humanities and the Illinois General Assembly.

Illinois Humanities Council



POTLUCKS!



March 17—noon

This St. Patrick's Day lunch is provided by Voluntary Action Center. Instead of the usual potluck, the traditional corned beef and cabbage lunch will be served at a suggested donation of \$3.50. Please RSVP by March 14!

April 13—noon

Please bring a dish to pass and enjoy sharing lunch with friends.

2011 Medicare Preventive Services **Begins 1/1/2011*

***Abdominal Aortic Aneurysm Screening:** Need referral as a result of one-time "Welcome to Medicare" physical exam. 2011 no cost if accepts assignment.

***Bone Mass Measurement:** Every 24 months (certain medical conditions/meet criteria). 2011 no cost if accepts assignment.

Cardiovascular Screenings: Covered every 5 years, tests cholesterol, lipid, and triglyceride. No test cost, generally pay 20% Medicare-approved amount for visit.

Colon Cancer Screening (Colorectal):

Fecal Occult Blood Test—Every 12 months. No cost, pay 20% Medicare-approved amount for visit.

***Flexible Sigmoidoscopy**—Generally, once every 48 months, or 120 months after previous screening colonoscopy if not high risk. 2011 no cost for test if accepts assignment.

***Colonoscopy**—Generally every 120 months, 48 months after previous flexible sigmoidoscopy. High risk, every 24 months. 2011 no cost if accepts assignment.

Barium Enema—Once every 48 months (high risk 24 months) instead of sigmoidoscopy or colonoscopy. Pay 20% Medicare approved doctor's services.

Diabetes Screenings: No cost, generally pay 20% of Medicare-approved amount for visit.

Diabetes Self-Management Training: Written order, pay 20% Medicare-approved amount and Part B deductible.

Flu Shots: Flu/H1N1 generally covered once a flu season. No cost if accepts assignment to give shot.

***Hepatitis B Shots:** 2011 no cost if accepts assignment.

Pneumococcal Shot: Generally once in lifetime. No cost if accepts assignments.

Glaucoma Tests: Every 12 months if high risk. Pay 20% Medicare-approved amount, visit Part B deductible.

HIV Screening: Once every 12 months. No cost for test, pay 20% Medicare approved amount for visit.

***Medical Nutrition Therapy Services:** 2011 no cost if accepts assignment.

***Pap Tests and Pelvic Exams:** 2011 no cost breast pelvic exams if accepts assignment.

***Breast Cancer Screening (Mammograms):** Every 12 months, 2011 no cost if accepts assignment.

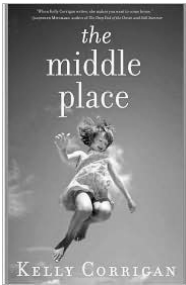
***Physical Exam:** 2011 two types: One when new to Medicare and the other exam each year after. No cost if accepts assignment covered once every 12 months.

***One-time "Welcome to Medicare" physical exam:** Within first 12 months of Part B. 2011 no cost if accepts assignment.

***Yearly "Wellness" exam:** If Part B longer than 12 months—develop/update prevention plan. 2011 no cost if accepts assignment.

Prostate Cancer Screenings: Every 12 months, pay 20% Medicare-approved amount & Part B deduct for visit.

***Smoking Cessation:** (counseling to stop smoking) 2011 no cost for counseling sessions.



Bridges Book Club



The Middle Place, by Kelly Corrigan – March 24, at 1pm

Newspaper columnist Corrigan had happy marriage and two little girls when she discovered a cancerous lump in her breast. While undergoing treatment, she learns that her father has bladder cancer. This bestselling novel examines what it is like to be in “the middle place,” between being someone’s child and also raising children of her own. Corrigan’s feisty, funny memoir will make you laugh, cry, and remember your own journey.

Freedom, by Jonathan Franzen - April 28, at 1pm

Patti and Walter Berglund were the new pioneers of old St. Paul—the gentrifiers, the hands-on parents, the avant-garde of the Whole Foods Generation. Patti was the ideal sort of neighbor who could tell you where to recycle your batteries and was an enviable, perfect mother and wife. Together with Walter—environmental lawyer, commuter cyclist, total family man, - she was doing her part to build a better world. But now, the Berglands are a mystery. Why has their teenage son moved in with the Republican family next door? Why has Walter taken a job working with Big Coal? Why has Patti become “a different kind of neighbor,” becoming unhinged before her neighbors’ eyes?



**Bridges Senior Center
Satellite Offices**



In order to better meet your needs, Bridges is opening satellite offices, once a month in a community near you! We will be at these locations to answer questions and help file paperwork. Please make an appointment for assistance. These offices will be open from 9am—3pm. For more information, call Bridges Senior Center at 815-431-8034.

- ▶ **March 2 & April 6** - Streator at Bruce Township Hall, 216 N. Sterling St. Call 815-673-2215 for appointment, card games start at 1pm.
- ▶ **March 9 & April 13** - Lostant at Lostant Fire Station, 101 E. 1st St. Call 815-431-8034 for appointment, card games start at 1pm.
- ▶ **March 16 & April 20** - LaSalle at United Way of Illinois Valley, 1157 1st St. Call 815-223-8339 for appointment, potluck at noon, card games start at 1pm.
- ▶ **March 23** - Marseilles at American Legion, 571 Rutland St. Call 815-431-8034 for appointment.
- ▶ **April 27** - Manlius Township Office, 161 W. Douglas St. Call 815-357-8813 for appointment.