



2016 Program Guide

"Your neighbor's independence depends on you."

*Support Group Information, Available Services
Scheduled Workshops,
and Speakers' Bureau*



Support, Compassion, Respect, Safety & Caring

Faith in Action is an outreach program of
Piatt County Nursing Home. And Piatt County Nursing Home Foundation

A Message from the Director



**Julie Glawe, Director
Faith in Action
for
Piatt County**

Faith in Action is committed to seniors and their families in the Piatt County area. In this program guide, you will find information on services, support groups, scheduled workshops and a speakers bureau. We have also included websites for those of you who would prefer to find information you need online.

If you do not find information that you need, please feel free to contact me at 217-762-2525, ext. 3 or email me at jglawe97@yahoo.com. I look forward to serving you.

Faith in Action Advisory Council

Members of the Faith in Action Advisory Council for 2016 are:

Darlene Alexander, Monticello

Ron Weishaar, Cisco

Erin Lane, Monticello

Joyce Houser, Mansfield

Sharon Fotzler, Monticello

Sue Hermann, Deland

JoAnne Wright-Collins, Monticello

Nancy McCullough, Bement

Rev. Rick Pierce, Cisco

Margaret Roe, Mansfield

Keith Herbold, Monticello

Barbara Harshbarger, Atwood

Candy Dobson, Cerro Gordo

Mary Ellen Baer, Hammond

Support Group Information

Caregivers' Support Group

Piatt County Nursing Home - Group meets monthly for the purpose of supporting those who care for and/or look after loved ones both at home or in long term care. It provides the opportunity for caregivers to share common issues and concerns of being a caregiver. Scott Porter, Director of Social Services at Piatt County Nursing Home, facilitates the meeting held the last Monday of each month from 3:00 p.m. to 4:00 p.m. For more information, phone 762-6655.*

United Church of Atwood - Roxanna Webb, Piatt County Family Caregiver Advisor, facilitates this meeting the last Wednesday of each month starting at 4:00 p.m. For more information, phone the Faith in Action office 762-7575 ext 27 or Roxanna Webb at Family Service Senior Resource Center office 352-5100.*

Stroke Support Group

Stroke Support Group -

A stroke creates many physical and emotional challenges. Each individual faces a unique set of challenges, and each individual must learn to cope with the new challenges in his or her own way. Attending a stroke support network can assist the individual through this process. This group will meet the fourth Tuesday of each month at 1:00 p.m. at Maple Point Supportive Living, 1000 N. Union, Monticello in Education Room.

Low Vision Support Group

See You in Piatt County – PACE staff facilitates this meeting the first Tuesday of each month at Maple Point Supportive Living, 1000 N. Union St., Monticello. From 1:30-3:00 p.m. Transportation is provided. For more information, call (217) 344-5433.

Loss Support Group

Grief Share is offered various times of the year please phone the FiA office for the next scheduled class Dan Koenigs facilitates this group..

*Currently the group does not meet.

Available Services

- Transportation to medical and other appointments.
- Friendly Visiting
- Telephone Support
- Grocery Shopping
- Short-term meal preparation (Karing Kasseroles)
- Respite care for family caregivers
- Ramp building
- Nails R Us (Assistance with Toe Nail Care)
- Health and Wellness Programs (Strong For Life)
- Educational Workshops

Program Options

At Faith in Action, we are always looking for ways to better serve the senior residents of Piatt County.

- If you would like to see one of the sessions listed in this catalog offered at another location or targeted for a specific group, please contact us.
- If you have an idea or topic for a presentation, we would also like to hear from you.

Contact Julie Glawe at 217-762-7575 ext. 3 or email her at jglawe97@yahoo.com.

Online Learning

Faith in Action recommends the following websites for caregivers:

- Alzheimer's Association: www.alz.org/illinois
 - Kirby Medical Center: www.kirbyhealth.org
 - National Family Caregivers Association and the National Alliance for Caregiving: www.familycaregiving101.org
 - National Council on Aging: www.ncoa.org
 - National Faith in Action Organization: www.nycnetwork.org
 - East Central Illinois Area Agency on Aging: www.eciaaa.org
-

Scheduled Workshops

Creating a Memory Keepsake

Presenters: Kara Olsen and Julie Glawe

Date: Thursday, May 26, 2016

Time: 1:30 - 3:30 p.m.

Date: Thursday, September 29, 2016

Time: 1:30–3:30 p.m.

Location: Maple Point Supportive Living, 1000 N. Union St., Monticello

Memorial Beads are remembrances made from the dried and crushed petals of a floral arrangement. The dried petals are molded in to polymer clay and fashioned into jewelry, including bracelets, necklaces and tie tacks. Memorial beads capture that floral memory forever, and the maker can carry the keepsake in honor of their loved one always. This program is sponsored by Faith in Action, Maple Point Supportive Living, and the Piatt County Nursing Home. Participants will need to bring dried flowers to make the beads. All other materials are provided.

Powerful Tools for Caregivers

Presenter: Roxanna Webb

Dates: Thursdays, May 19 - June 30

Time: 2:00 - 4:30 p.m.

Location: Maple Point Supportive Living, 1000 N. Union, Monticello, IL

This program is divided into six (6) weekly workshops of 2 1/2 hours each. It is a great educational resource that empowers caregivers to more effectively address challenges that they may face. The main goal of the program is to help caregivers thrive as individuals. During these sessions, caregivers will develop a wide range of self-care tools designed to help reduce personal stress. **A minimum of 10 participants is required to offer these workshops.**

Week One – Taking Care of You

Week Two – Identifying and Reducing Personal Stress

Week Three - Communicating Feelings, Needs and Concerns

Week Four - Communicating Challenging Situations

Week Five – Learning From Our Emotions

Week Six - Mastering Care-Giving Decisions

Grandparents (or other Relatives) Raising Children

Presenter: Roxanna Webb

Date: Monday, May 16, 2016

Time: 1:00 - 3:30 p.m.

Location: Piatt County Office Building, 1115 N. State St, Monticello in Conference Room

Are you now the primary caregiver for a child under 18 years of age who is your grandchild, niece, nephew, etc? If so, this workshop is for you. During this one-hour workshop, seniors will receive information on assessing services and support regarding legal, financial and educational resources that may help you care for young relatives.

Scheduled Workshops - continued

Exercise

Strong for Life / Motivated to Move

Aging of the US population, sedentary physical activity levels among older adults present a major health threat...so let's get moving. These exercises are designed for the older adult. The exercises are designed to increase strength and balance. .

Strong for Life is a strengthening exercise program designed by physical therapists to improve strength, balance and overall health. This program targets specific muscles that are important in every day movements, such as getting out of a chair and walking. The program is designed for three times a week. Participants are encouraged and expected to be dedicated in using the exercise

program in order to experience the best results and to report any adverse events to their coach.

Strong For Life is free and open to senior adults, men and women 60 years of age and older.

Come join the fun.

<u>Locations:</u>	<u>Days:</u>	<u>Times:</u>
Livingston Center, Monticello	M - W - F	10:30 a.m.
Calvary Baptist Church, Monticello	T & Th	11:30 a.m.
Tatman Village, Monticello	M - W - F	10:00 a.m.
Bement United Methodist Church	M - W - F	8:30 a.m.
United Methodist Church of Cerro Gordo	M - W - F	10:00 a.m.
United Church of Atwood	M - W - F	9:00 a.m.

Driving Safety

Presenter: Ron Weishaar

Date: March 9 & 10	Time: 12:30 - 4:30	Location: Monticello
Date: April 19-20	Time: 8:30 - 12:30	Location: Farmer City/Mansfield
Date: May 4 & 5	Time: 12:30— 4:30	Location: Cerro Gordo
Date: June 22-23	Time: 8:30 - 12:30	Location: Atwood
Date: September 15-16	Time: 8:30 - 12:30	Location: Monticello

This is an eight (8) hour class for individuals fifty and older. This class will help you understand the effects of aging on driving; learn driving strategies; reduce the chances of having an accident; update your knowledge and understanding of today's roads, vehicles and other road users; think about how you drive; as well as safety issues on the road. Participants who complete the eight hour class will receive a certificate to get a reduction on your auto liability insurance for three years.

NOTE: Advanced registration is required so materials can be ordered in advance.

Below are the places and addresses that the Driving Safety Class will be held

- Maple Point Supportive Living, 1000 N. Union, Monticello
 - Outreach Ministries, Route 54, Farmer City, IL
 - Cerro Gordo Firehouse
 - United Church of Atwood
-

Workshops

Brain Health Series

Date: April 7, 14, 21

Location: Maple Point Supportive Living

Time: 1:30-3:00 p.m.

This workshop is sponsored by University of Illinois Extension, Faith in Action and Maple Point Supportive Living Facility

Brain Health is an interactive three part series designed to better understand our brains as we mature. It's full of tips and strategies to maintain and enhance brain function and memory. There is no cost to participants. Pre-registration is required by phoning 762-7575 ext 3.

The Journey of Care giving for Your Loved One with Alzheimer's

Date: May 10

Location-First Christian Church

Time: 10:00 a.m.– 3:00 p.m.

Monticello

The Piatt County Nursing Home Foundation and Faith in Action is sponsoring this event. Frank Broyles, Athletic Director for the University of Arkansas Razorbacks, life was touched by Alzheimer's Disease. His wife, Barbara, was diagnosed with Alzheimer's Disease. Coach Broyles was determined that he was going to focus on what they had and not allow the disease to destroy their life. Coach Broyles daughter, Betsy Arnold-Broyles and her daughter Molly will be coming to Piatt County to encourage family members as they care for their loved one. This workshop is FREE to participants however, pre-registration is required by phoning 762-7575 ext. 3

Additional Workshops

In addition to the offerings in this guide, we would be glad to talk to your group or arrange for a speaker on any of these topics. If you have another topic relating to or of interest to seniors that you would like to have us address for your group, please let the Faith in Action Office know by calling Julie Glawe at 217-762-2525 ext. 3 or email Julie at jglawe97@yahoo.com.

Faith in Action:

- General Information
- Volunteer Orientation

Healthy Aging:

- Normal Aging... Or is it?
 - Aging 1-2-3
 - Older Can Be Better
 - Make New Friends, But Keep the Old
 - Senior Sensitivity
 - The Calm Before the Storm / Are You Ready for an Emergency?
 - B*SAFE (Bankers and Seniors Against Financial Exploitation)
 - New Lifestyle Options
 - Don't Be a Victim: Beware of Scams on Seniors
 - How to Speed Healing
 - Fall Prevention in Older Adults
-

Speakers' Bureau Topics - continued

Caregivers:

- Services in the Community for Family Caregivers
- Caring for the Caregiver
- The Sandwich Generation - Helping Your Parents, Raising Your Kids, Being a Spouse, and Handling a Career: How to Avoid Being Smashed
- Caregiver Respite: What it is? How to get it?
- You Don't Have to Be a Hero Every Day
- Sort, Settle and Simplify
- For Men Only
- Facts About Finances: An Overview of How to Pay for Long-Term Care - in the Community or in the Nursing Facility
- Medicare Part D - What Does it Mean for Me?
- Financial Help for Seniors: From Homestead Exemptions to Tax Deferral to Subsidized Housing
- Elder Abuse: What it is, How to Prevent it, How to Report It

Living Well:

- What's Up Doc?
 - Chasing the Blues Away
 - Depression is Not a Normal Part of Aging
 - Dealing with Loneliness
 - Fall Prevention
 - Learning & Living with Chronic Illness
 - Technology Training for Seniors
 - Tea for Two, It's Good For You!
 - What I See Through My Lens
 - Up in the Air
 - What's It?
 - Scrapbooking
 - Seniors in Our Community: I Still Have Something to Offer
 - Putting Balance in Your Life
 - It's Just Me - Cooking for One
 - Do They Where I Am?
 - Safety in the Home
 - Safety for Those Seniors with Disabilities
 - Laughter is the Best Medicine
 - Massage
 - Safety in the Home
-

Speakers' Bureau Topics - continued

Services for Seniors and Their Families

- How to Make Your Wishes Known: Power of Attorney and Other Advance Directives
- Between a Rock and a Hard Place - How Do You Know You're Making the Right Decision?
- Five Wishes / Legal Issues
- Plan Well - Retire Well
- Services in Our Community for Seniors
- In-Home Help for Seniors: What's Available, What Does it Cost?
- The Golden Years
- If I Could Just Open a Can of Soup: Adaptive Equipment to Support Independence
- Aging in Place: How to Stay at Home and Stay Safe and Sound
- The Role of Families in the Life of a Loved One in a Nursing Facility
- How to Eat on a Limited Budget
- Getting Through Tough Financial Times
- Helping a Friend Through Grief

Family / Intergenerational

- Grandma's Yellow Pie Plate
- Children of the Great Depression
- Building Bridges Across the Generation Gaps
- Senior Sensitivity for All Ages
- Tombstone Tales
- Climbing Your Family Tree
- Children of the Great Depression
- Grandparents Raising Relatives: What Help is Available?
- Grandparents Raising Grandchildren: Jerked from Retirement to Report Cards
- Grandparents Raising Relatives: Raising Children in 2016
- Walk in My Shoes

Memory:

- Stories from you Past
- Journaling & Memoir Writing
- Making Memories
- Building a Better Memory / Remember Me
- Stories from Your Past
- Reflecting Memories

Transportation

If you need transportation to any of the activities listed in this catalog, you may want to consider one or more of the options listed below:

PIATTRAN (Piatt County Public Transportation) - Call (217) 762-7821

Piattran staff members are eager to meet your Transportation needs. Friendly dispatchers are available 6 AM to 6 PM Monday-Friday to assist you with Transportation Planning.

Faith in Action - Call (217) 762-7575, ext. 3. If you are unable to arrange for Piattran services, you may call for a ride from a Faith in Action volunteer.



Faith in Action
Piatt County Office Building
1115 N. State Street
Monticello, IL 61856



Family Service Senior Resource Center
405 S. State Street
Champaign, IL 61820
217-352-5100