
July 2024

Mercer County Senior Center

137 W Main St. Aledo, IL 61231

309-582-5492/309-582-7221/888-825-1050

Hello **All**,

The heat is on us. Remember we are a cooling center **M-F, 8:00-3:00**. Now that Rhubarb Festival is over, we will be restocking the freezer with **Whitey's** ice cream. Enjoy the coolness, ice cream or rest in one of our massage chairs.

Our CMS colleagues shared some Medicare beneficiaries (less than 30,000) will be contacted as part of an ongoing study called the [Medicare Current Beneficiary Survey](#) (MCBS). CMS contracts with the University of Chicago, a respected social science research organization, to conduct the study known as the nonpartisan and objective research organization (NORC).

NORC will contact beneficiaries in coming weeks on the behalf of CMS. This is an **exception to typical guidance** that CMS will not contact Medicare beneficiaries directly. **Please help beneficiaries wishing to verify the study and interviewer by:**

1. sharing this email content with your team,
2. advising beneficiaries of the MCBS Respondent page for more information <https://mcbs.norc.org/>,
3. confirming the letters received match those posted at Medicare.gov [MCBS Selection Letter](#),
4. visiting the following website and enter the interviewer ID number and last name <https://www.norc.org/WorkingWithNORC/Pages/survey-participants.aspx>, and
5. educating Medicare beneficiaries proactively with details about the MCBS study and resources to verify through your newsletter, social media, and other direct beneficiary communications.

I've enclosed a **sample** letter of what you may receive. Please call us with any concerns you may have with this survey or any other Medicare needs.

"One Flag, one land, one heart, one hand, one Nation evermore!" ~ Oliver Wendall Holmes.



Stay Engaged at your Clubhouse!

The winner for June Icon search was Barb Hill! Find this month's Firecracker then call to be included in this month's drawing.

Every Monday the Center is Open: Virtual Moving with Milly (10:00) Bridge, (12:00)

Tuesday & Thursday: Open Tri-Ominos

Friday: Open Cards (12:00)

Nutrition News Corner: Let's talk about Healthy Eating! As we age, healthy eating can make a difference in our health, help to improve how we feel, and encourage a sense of well-being. ~ ChooseMyPlate.gov Eating at one of the congregate meal sites gives you the opportunity to enjoy great food and great company! One participant shared "I started coming to the congregate site to be with people, now they are family." All people 60+ in Henderson, Mercer and Warren Counties are eligible for the Senior Nutrition program. Make a reservation 24 hours in advance by calling 309-734-4251.

The Board and I have had to make some very tough decisions over the years for the benefit of the Center. Currently we had to face the increase on the postage that went into effect. We have been forced to change our **Newsletter mailings**. This will be the **last** month we will mail the newsletters. Moving forward to have it mailed, we would need you to give at least a **\$25.00** a year donation to offset the cost. Or for **FREE**, you can pick up one here at the center in person. We will still email them. As well we place the complete newsletter on Facebook each month and the Editor letter and Activity Calendar on our website.

Please see the **Activity Calendar** for all the great events we have planned for **July**. We will be at the **Fair** again this year on **Sr. Day**. On **July 25th** we will carpool at **9:00** am to take off on the **Celebration Belle** for the Day.

The negotiations between **United Health Care & Genesis/Mercy One** have not been finalized yet. Please call your Customer Service number to confirm **Continuity of Care** for medical treatments already began, such as chemotherapy.

Caregiver's click on the TCARE link.

www.mercercountyseniorcenter.com

This is your Clubhouse and your one stop shop to receive all **Local, State & Federal Programs**. Please call us with any and all questions for **Medicare, Drug Co-Pay Assistance, Part B reimbursement, Medicaid, License Plate discounts, Caregiving, Stress Busting, Caregiver TCARE, Social Engagements and More!** Thank you, we look forward to seeing you soon, **Kim, Michelle, Taylor & Molli**.

Happy Birthday to Our July Babies: 14 Tom Wilson, 23 Dorothy McWhorter, 27 Bettie Speer, 29 Sheila Sedam & 31 Rosemary Downey. 🎂

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The Mercer County Senior Center Endowment is now at \$21,971.59

Mercer County Senior Center Does Not Endorse any for Profit or Nonprofit Entity that shares space, partners with, and/or Advertises within our Establishment.

AVAILABILITY-The Center is a Great Place to Rent for your Family Gatherings, Showers, & Parties. Comfortably seat's 80!

Dr. Hartman: Has Officially Retired. Thank you, Dr. Hartman, for 40 years of service!

The Computer Lab is ready with 10 New Chromebooks & The Theater Room with Massage Chairs & a Smart TV.

Sometimes the Egg Lady has extra Farm Fresh Eggs and will sale them for \$2.00 a dozen, if interested call the day before and I'll check if she has some.