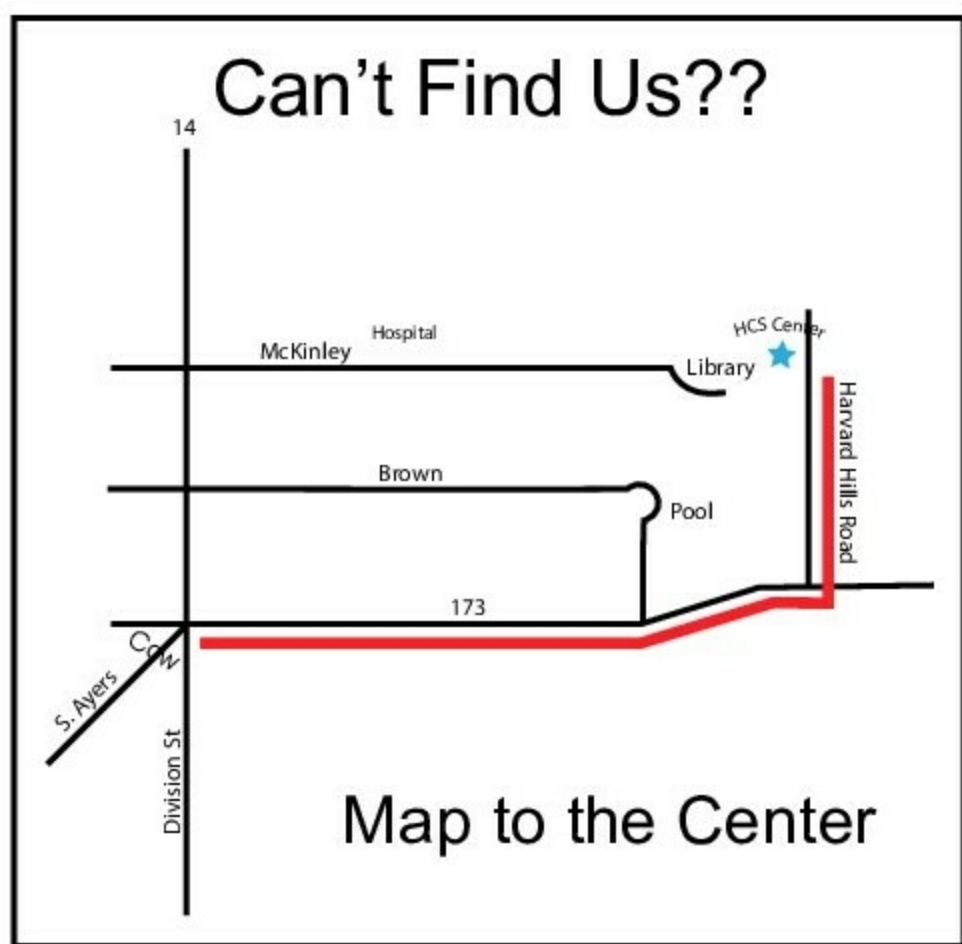


Harvard Community Senior Center

THE SENIOR SPHERE

Harvard Community Senior Center, 6817 Harvard Hills Road, Harvard, IL 60033
 www.harvardseniorcenter.org - info@harvardseniorcenter.org - (815) 943-2740
 Hours of Operation - Mondays, Wednesdays and Thursdays 9:00a.m. to 3:00p.m.

February 2019 Issue



Good-Bye to our long time friend and site manager, Glenda Stewart. She has accepted a full-time position at George Williams College and has left us for better horizons. We may be sad that she is leaving her official position at the Center, but we know that since we are friends (and she's a member) she won't be far away. I have learned a lot from her in the short year that I've known her. She is a world of knowledge and will be missed.



CONGRATULATIONS AND GOOD LUCK IN YOUR NEW JOB



The Congregate Lunch, provided by Catholic Charities, will be held February 20th. Be sure to sign up early



The Center will be closed February 18 th.
PRESIDENTS DAY

The Centers for Medicare & Medicaid Services (CMS) has mailed your new Medicare card - with your new Medicare number - and you should have received it by now.

If you haven't, call 1-800-MEDICARE or visit your MyMedicare.gov account to find out more. If you need help contacting Medicare, or with your Part D (Prescription Drug) plan for 2019, call the Senior Center at 815 943 2740 and make an appointment with one of our certified SHIP Counselors.



The Harvard Community Senior Center PEARLS Program is continuing to expand throughout Harvard and surrounding areas.



Program to **E**ncourage
Active **R**ewarding **L**ive**S**

PEARLS is a new treatment program that delivers care and provides resources to community based clients with depression

PEARLS is up and running! Serving Older Adults with depression in their own homes or other comfort settings.

PEARLS serves individuals over 60 and all ages with Epilepsy who suffer from Depression. This is a new program provided by the Harvard Community Senior Center and is funded by the McHenry County Health Board, McHenry County Senior Services Commission and McHenry County Community Development Block Grant. We welcome all inquiries and look forward to getting to know more of you soon!

PEARLS Referrals - anyone can refer an Older Adult or individual with Epilepsy to the PEARLS program. If you are concerned that someone you know is depressed, call 815 701-6605. A trained social worker will respond and set up an initial assessment.

SHIP The **Senior Health Insurance Program** continues with appointments every Monday. You can schedule for 3:00, 4:00 or 5:00 p.m. Please bring you Medicare card, any other supplement (GAP) card, recent notices from your insurance or Medicare, list and doses of medication if you would like to discuss or change your Plan D coverage. Call the Senior Center at 815 943-2740 to schedule an appointment. If you are unable to schedule an appointment at our location or the above times, please call for information on other locations accepting appointments.



Cynthia Sheppard

Are you still confused or overwhelmed trying to navigate the Medicare system? You're not alone. Although, open enrollment is over for 2018, you are still encouraged to explore your options and ask any questions you may have. There are different enrollment periods based on your individual situation. Cynthia is here every Monday 3-6:00 by appointment and Thursday from 9-4:00 at the Center. You are welcome to call and discuss any concerns you may have or schedule and appointment to come in.



Alternative Locations

Appointments for SHIP may also be made at alternative locations with Sharon Smith in Hebron or Huntley on Mondays as available.

All appointments should be scheduled through Cynthia Sheppard at 815 943 2740



Board Meeting

February 25, 2019 @ 4:45

Current Events and More



Are you up for a challenge??
 Are you interested in learning how to knit or crochet?? Are you willing to learn or share your expertise with these skills?
 Come join us on Mondays at 10:30.



People in Need FORUM

The forum connects individuals in need, who may not know where to go or how to get assistance, to community resources and important information. The day was full of informative sessions and knowledgeable people willing to share about their organizations and the services they provide.



2-11-19 @ 12:30

Laura Zaraza has been a Stampin' Up!® Demonstrator for more than 20 years, holding In-Your-Home Workshops, Classes, Stamp Camps, Craft Fairs & kid's Birthday Parties-A Specialty. She will bring out the creative talent you never knew you had! Come and let her show you how easy stamping is and how quickly you can make amazing things with stamps, paper and ink.

Celebrating our Senior of the Month



Kevin Wood
 Willing to help in any way that he can...from computer info to gardening, to cutting grass or calling Bingo. Our favorite handy-man. Thank you, Woody!

SAC Meeting

Right after Bingo. All are welcome.

WALKING

We will be meeting at Walmart again. Monday and Thursday mornings at 8:30am. Look for fellow walkers by the Pharmacy benches and /or huffing it around the store if you're late.



Happy Birthday to:

10th Linda Zeka Emmette Blazier
 5th Karen Sherman
 23rd John Neuman

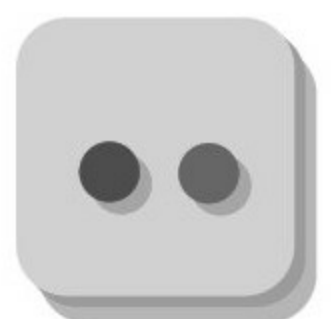
YOGA Classes by Workplace Wellness Yoga, LLC

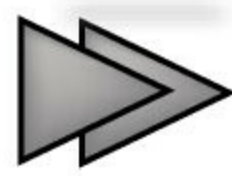
Join Dorothy Robin each Monday from 2-2:45 for this wonderful class! Yoga mats and blocks are provided. The beauty of yoga is that YOU choose what's right for you. With Dorothy's guidance, you make the adjustments in each pose based on what your body is telling you that particular day. Try not to eat 2 hours before class. A full stomach can make some poses feel uncomfortable. If you must eat, try a small snack like a piece of fruit or yogurt.

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Looking Ahead



VOLUNTEERS NEEDED...

...for home deliveries and assisting in serving at several dining sites. For information call Catholic Charities at 815 338-7772

As you plan your 2018 events, parties, and family functions, remember that the Senior Center can be rented out on our non-service days. Call 815 943-2740 for details and our current rates. Senior Center members enjoy discount rental rates

WISH LIST

2019 funding for our regular supplies will be severely limited again this year. We remain as thankful as ever for all the generously donated items our seniors bring in each week.

We are doing great with our supplies! **Keep our table in mind when you are grocery shopping!** Plates, napkins, cups, plastic wear, food items that we can stretch to last such as trail mixes, popcorn, package cookies, water, and any other drink items you are willing to donate are greatly appreciated.

We will host a program on "Season of the Garden" which will be covering a variety of topics.

When the weather outside is frightful!

Stop by the Center any Monday, Wednesday or Thursday through the end of February and have a free cup of hot chocolate. If you are a reader, you can relax in our "lounge" and read one of our many books or bring your own. Book discussions are always open. Also we have a puzzle "in progress" for all you puzzle lovers.



Volunteers and Contributors

This includes everyone who attends the Senior Center of a regular basis. We THANK YOU always for your support and contributions

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All Seniors Welcome

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Cynthia Sheppard, SHIP Counselor