



# The Senior Sphere

July/August 2019

Harvard Community Senior Center, 6817 Harvard Hills Road, Harvard, IL 60033

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Service Hours: Mondays, Wednesdays, and Thursdays 9a.m. to 3p.m.



**Save the date!** August 17th. More info to come about our Dinner and Dancing Fundraiser.

In the meantime Stop buy the Harvard Community Senior Center for our Dance workshop starting again July 10th at 1pm. We are still looking for Couples to compete for the Dancing with the Senior Star Trophy. It's open to all ages just one of the couple participants needs to be 55 years old or older.

In the late eighteenth and early nineteenth centuries, a *middle name* was just that... one name inserted between a person's first and last names. Then in 1834, undergraduates in Cambridge coined the term "x is my middle name." to mean much more. They used it, quite fittingly, in the periodical HARVARDIANA, to also describe a characteristic or attribute of a person or named entity. Which brings us to our own Harvard in 2019...

The Harvard Community Senior Center's name has been shortened over the years to just the Harvard Senior Center, eliminating the middle word; *community*. This partial name dropping may have been unintentional but just as it makes our name smaller, it also makes who we are and who we serve smaller as well. It signals limitations that should not exist. Trying to remain a small scale drop in Center is no longer an option, nor is reaching only a few dozen area seniors when several thousand more might benefit from other programs and services.

There are approximately 3,500 seniors residing in and around Harvard. These Older Adults range in age from 55 to 103 and 2,700 live with two or more chronic diseases. More than 1,200 exist below the poverty line, struggling to pay their bills, or to buy enough food, or to afford their medications. Almost the same number have limited mobility, transportation barriers, or speak Spanish as their primary language.

The Board of Directors recently revised the service array to, hopefully, help many more people stay in their own homes and delay or prevent institutionalization. In making this shift, they continue to invite all previous participants to try any of the new - and in development - offerings, as well as welcoming any previously unserved seniors from Harvard and the surrounding areas who do not have a senior center to access these types of proven programs.

After all, as it has been since the city of Harvard's leadership envisioned this organization decades ago, **COMMUNITY** is our middle name.



Staggering statistics related to falls among seniors makes fall prevention a priority for seniors and their loved ones. As the Harvard Community Senior Center recognizes the need for awareness, education and prevention we will hold a **Lunch and Learn On July 17th, at the Harvard Community Senior Center** to discuss this vital information and help folks learn how to avoid dangerous situations and reduce the risk of falls for seniors. Following our Congregate Lunch we have Thomas Olsen PT from Mercyhealth to talk about fall prevention. August 21 and later topics are to be determined, but are sure to be interesting.



#### *Social Security Awareness!!!*

Protecting your information is an important part of Social Security's mission to secure today and tomorrow. If you do receive a call from one of our representatives, they will provide you with a telephone number and extension.

However, non SS representatives called Scammers have many ways to lure their victims into providing information and then stealing their identities. Sometimes they call under a disguise of helping you complete a disability application.

The Acting Inspector General for Social Security urges everyone to stay vigilant of impersonation schemes and to not be afraid to hang up. And, remember that you're in control. Also remember that Social Security will never do any of the following:

- Call you to demand an immediate payment;
- Demand that you pay a debt without the ability to appeal the amount you owe;
- Require a specific means of payment, such as requiring you to pay with a prepaid debit card;
- Ask you for your personal information or credit or debit card numbers over the phone; or
- Threaten you with arrest or deportation.

If you receive one of these scam calls or emails, do not provide them with any information. You should hang up immediately;

For Social Security impersonations, contact Social Security's Office of Inspector General at <https://oig.ssa.gov/report>.

## **Tech Connect**



### **Coming to HCSC**

Uncovering the mysteries of current technology, senior style!

#### **Intro to the Internet**

July 24th or 25th

10:30 AM - 12:00 PM

- Limited to 4 seniors per session so sign up early
- Bring and work on your own laptop (if you have one)

#### **Future Tech Connect Topics.....**

- ◆ Facebook
- ◆ E-Mail
- ◆ Smart Phone Smarts
- ◆ Tablet Technology
- ◆ Text Messages
- ◆ Picture Taking

*And, in home (or at the Center)*

Tech Connect services for Senior Center members will be available soon.



Lets Welcome **Kay Reissig**, the Marketing Director at Shepherd Premier Senior Living and has recently joined our board of directors here at the Harvard Community Senior

Center.

She comes to us with 10 years of experience working with seniors and will be a great addition to our board of directors.

# Happy Birthday!

## July

Sharon Smith—4th

Beverly Stuyvesant—27th

## August

Bill Berry—2nd

Elaine Krabbe—4th

Kathleen Felice—4th

Verda Blazier—12th

Nancy Berkholtz—19th

Ruth Rowe—29th



July 15th & Aug. 12th  
@1230 **Make and Take!**

Laura Zaraza Has been a Stampin' Up!® Demonstrator for more

then 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 & ink.

Join Dorothy Robin from Workplace Wellness Yoga, LLC each Monday from 2-2:45 for a

wonderful Yoga class! Yoga matts and bocks 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.



**WORKPLACE**  
WELLNESS YOGA





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