

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

**So fun they did it twice.** The Senior Dance Workshop was a new program for 2019. Premiering in the summer, we held our first performance in August at the Moose Lodge. This program is a way to help keep you moving. Simple dance moves are fun and easy to do. All ages are welcome to join us and participation in performances are completely optional.

Our instructor, Stephanie Claussen, donated her time to help get this program up and running. She spends her own time choreographing our dances. She also takes the time during class to help



Photo by Elizabeth Kirkpatrick

everyone get the steps the best they can.

Our second session took place this fall. There's such a camaraderie with our dance group though they are always welcoming new dancers. They have so much fun doing their routine that they did it twice. First at the craft show on Dec. 7th thrown by the Women of Harvard during Christmas-



Photo by Cindy Schwartz

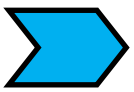
time in Harvard. The second time they brought Christmas Cheer to the Care Center at Mercyhealth on Dec 19th. They bring Christmas Cheer wherever they go and I can't wait to see what they have for us next year!

## Protect Yourself from Phone Scams Be on the lookout for fake Social Security calls

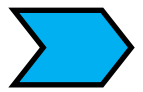
There are many telephone scams going on. Scammers are trying to trick you into giving them your personal information and money. Don't be fooled!

Scammers pretend they're from Social Security. The number you see on caller ID may even look like an official government number but it is not. The caller may say there is a problem with your Social Security number or account. They may ask you to give them personal information like your Social Security Number or bank account. They may tell you to fix the problem or to avoid arrest you must pay a fine or fee using retail gift cards, pre-paid debit cards, wire transfers, or cash. These calls are **not** from the Social Security Administration. I want to help you protect yourself.

Continue on pg 3 under **SCAMS**



# Always Looking Ahead



## People In Need FORUM



Saturday, January 25, 2020 | 8 a.m.-1 p.m.  
Luecht Auditorium at McHenry County College  
**FREE ADMISSION** | Registration and Light Refreshments: 8 a.m.

**People in Need Forum** Seminar topics may include... Immigration, Resources for Immigrant Families, Senior Issues, Caregiver Resources, LGBTQ, Substance Use and Addictions, Early Childhood Information, Special Needs Financial Planning, Human Trafficking, & Food Insecurity.

Who in the community should come? Human Service Agencies, Faith-based Organizations, Civic Group Members, Law Enforcement, First Responders, School Personnel, Elected Officials, City/Municipal/

County Staff, Health Care Providers, Caregivers, Individuals interested in resources that help people in need, & Individuals looking for volunteer opportunities.

**FOR MORE INFORMATION VISIT [www.mchenry.edu/pin](http://www.mchenry.edu/pin)**

For more information contact: Jessica Rizza at [jrizza@mchenry.edu](mailto:jrizza@mchenry.edu)



**A WRAP group is coming!** Wellness Recovery Action Plan (WRAP) is a FREE, three week program that focuses on the joys and

challenges of growing older. If you are over 60 and have experienced a major life change in the past year, or are dealing with new or chronic health conditions, this is the program for you! WRAP is designed to help you learn ways to be your own advocate and develop a plan for improving your health and your outlook. The Harvard Community Senior Center and the University of Illinois at Chicago are pleased to make this program available in McHenry County in 2020! The first three week class is scheduled on three consecutive Fridays, **February 21, 28 and March 6, 1:00-5:00 pm**. The program will be held in Woodstock and transportation is available if needed. Registration is required. For more information or to register, please call us at 815-701-6605 or [info@mcpearls.org](mailto:info@mcpearls.org).

### ***Baby, it's cold outside!***

If you're feeling blue about not being able to get



out and about, call us! The PEARLS program is a free, in-home program to help you move away from your feelings of sadness and isolation. A PEARLS counselor will come to your home (or meet you somewhere else) to help you to learn new skills for tackling your problems and getting you feeling more yourself. Let us deal with the cold and help you feel better! If you are interested in learning more about the program, or if you know someone who could benefit from this program, please call us at 815-701-6605 or email us at [info@mcpearls.org](mailto:info@mcpearls.org).

## SCAMS... Continued from pg 1

Social Security will **not**:

- Threaten you.
- Tell you that your Social Security Number has been or might be suspended.
- Call you to demand an immediate payment.
- Ask you for credit or debit card numbers over the phone.
- Require a specific means of debt repayment, like a pre-paid debit card, a retail gift card, or cash.
- Demand that you pay a Social Security debt without the ability to appeal the amount you owe.
- Promise a Social Security benefit approval, or increase, in exchange for information or money.
- Request personal or financial information through email, text messages, or social media.

Social Security will:

- Sometimes call you to confirm you filed for a claim or to discuss other ongoing business you have with them.
- Mail you a letter if there is a problem.

- Mail you a letter if you need to submit payments that will have detailed information about options to make payments and the ability to appeal the decision.
- Use emails, text messages, and social media to provide general information (not personal or financial information) on its programs and services if you have signed up to receive these messages.

If you receive a suspicious call from someone alleging to be from Social Security, please:

- Hang up right away.
- Never give your personal information, money, or retail gift cards.
- Report the scam at [oig.ssa.gov/](http://oig.ssa.gov/) to Social Security's law enforcement team at the Office of the Inspector General (OIG).

Please share this information with your family and friends.



February 19th

11:30-12:30pm

@ the Center

## Lunch & Learn

Heart Health Month

FREE!!!!

Blood Pressure  
Screenings



## Yoga

Join Dorothy Robin from Workplace Wellness Yoga, LLC each Monday at 2pm for a wonderful Yoga 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.



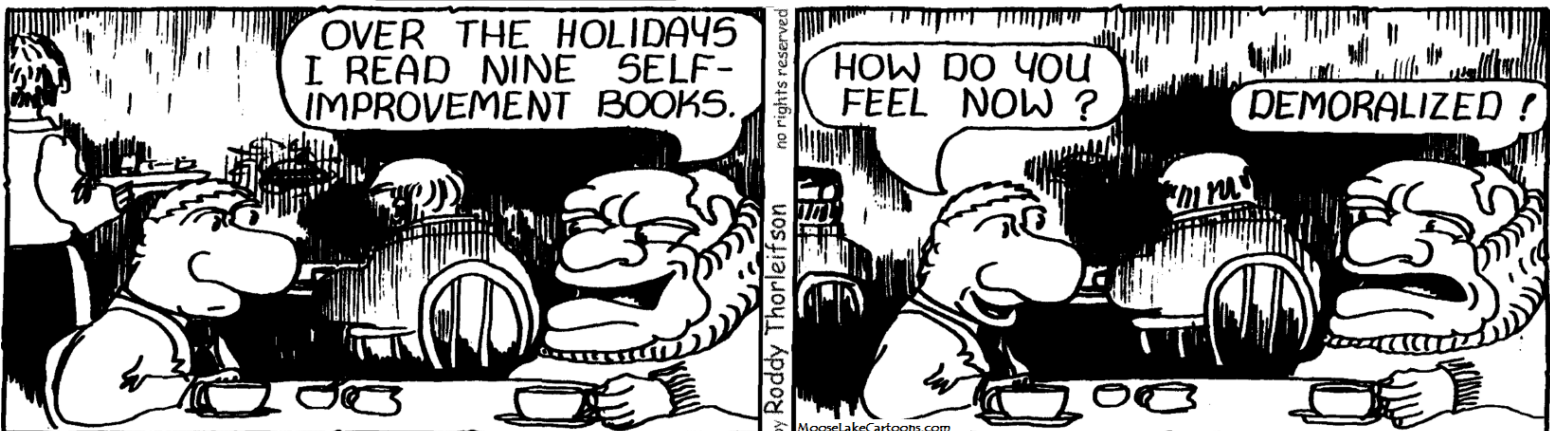
WORKPLACE  
WELLNESS YOGA



@HCSC1981



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### Newsletter Sign up

As we try and save money while delivering the same service we are offering Sphere Newsletter and/or Calendar email sign up. *Hot off the press* and early. We will e-deliver a PDF as we send our copy to print. Please Check our website [HarvardSeniorCenter.org](http://HarvardSeniorCenter.org) to sign up!

As you plan your 2020 events, parties, and family functions, remember that the Senior Center Community room can be rented out on our non-service days. Call 815.943.2740 for details and our current rates. Senior Center members always enjoy discount rental rates.

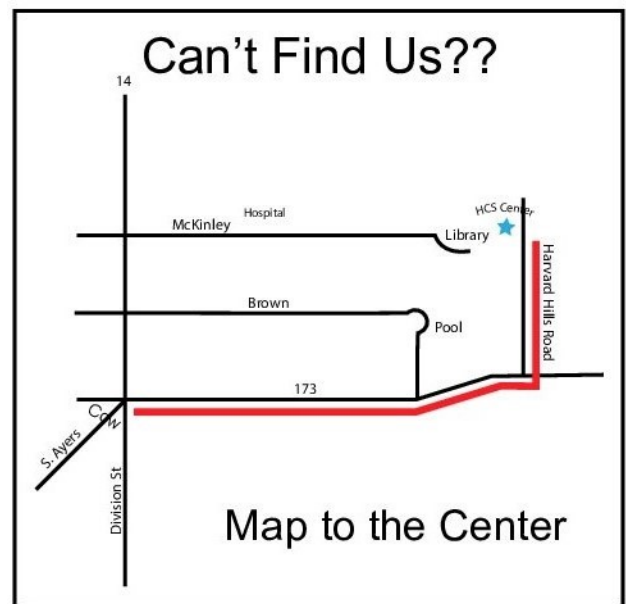
**Share with us!** Do you have a talent or expertise to share? Share it at the Community Senior Center. Call 815.943.2740 to set up classes. Have a group that needs a little room to meet? We have a lounge that members are always welcome to use. Want to contribute to the bi-monthly newsletter? Call the center to get an email to submit.

**Winter is coming!** Come on into the Center for a cup of joe, snacks, cards and puzzle time. Our lounge is always open. Feel free to get comfortable even when any activity is going on!



Want to give a helping hand but can't spend extra money? Go to [Smile.Amazon.com](http://Smile.Amazon.com) and search **Harvard Community Senior Center**. Amazon will give us a kick back donation at no extra cost from you. Need help figuring it out give us a call at 815.943.2740 during our normal business hours and we can talk you through it.

**Make sure you purchase on [Smile.Amazon.com](http://Smile.Amazon.com) so that we get the donation!**



### Our Corporate Sponsors

#### Diamond

- Harvard Rotary Club\*
- The City of Harvard
- First National Bank\*

#### Gold

- Harvard Ranch for Seniors
- The First Presbyterian Church of Harvard
- GrantResource\$, LLC

#### Silver

- Saunders & McFarland Funeral Home\*

#### Community Grants

- McHenry County Community Fund
- Full Circle Foundation
- Grace Bersted Foundation
- North Eastern Area Agency on Aging

\*Denotes 2019

Capital Campaign gift

### Board of Directors

- Raul Meza, President
- Ryan Knop, Treasurer
- Kathy Schack
- Sonia Hernandez
- Kay Reissig
- Megan Lockwood
- Jay Nolan, Director Emeritus
- All Members Welcome at Meetings

**Volunteer Opportunities...** Check us out on [www.volunteercentermchenrycounty.org](http://www.volunteercentermchenrycounty.org). We are looking for help with various tasks including outreach & marketing, website help and creation, janitorial help, clerical and organizational help. Contact us or apply on the website.