The Distinguished Reader

VNA Community Services



01/01/2024 Volume 1, Issue VI

New Year, Same VNA

As we dive into the new year, you may have heard the phrase: "New Year, New Me." Well, at the VNA Community Services, we like to say: "New Year, Same VNA" because we are still the same reliable organization that we have been for many years, and we will still be the same reliable organization for many years to come.

As we reach the end of the year, there has been a lot of help that we have provided in 2023. First and foremost, we saved our clients over \$70,000 in Medicare costs through our Annual Open Enrollment period that took place from October 15th—December 7th. Just last year alone, we had over 40,000 units of service for our meal program, over 180 units of service for family caregivers in the community, and over 3,000 units of services in our general programs.

It goes without saying that the team here at the VNA work hard every day to ensure that those in need find the support available to help. We are a group dedicated to being there year after year for the community of Knox County. Above all, we are looking forward to ways to offer even more services and resources to the people of Knox County within this coming year of 2024. If you ever have any questions about the different services that we provide, please call us at (309)342-1152 or come out to visit our office at 2262 Grand Ave in Galesburg. Come and see what ways we here at the VNA can help you.



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SPECIAL POINTS OF INTEREST

- VNA has saved over \$70,000 in Medicare Costs
- HDM transitions to Homostyle Direct
- T-CARE provides for assistance for Family Caregivers
- OAKS Christmas Health Fair brugs the community together



Playing Pool at the VNA

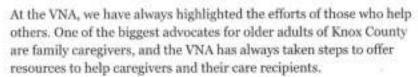
The pool tables at the VNA have been a long staple of the building for a long time. However, with moving locations, and the effects of the COVID-19 pandemic, the pool tables have fallen into disuse and disrepair.

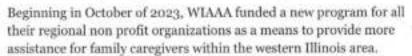
Recently, the VNA was approached by a gentleman named Mike LaPorte who wanted to man an effort to restore the pool tables and equipment as well as create a program for those not only to play but also to learn how to play pool at the VNA.

The program will run every 2nd
Thursday of the month at 2pm and it
will be open for anyone who would like
to join not only to learn how to play
pool but also be able to socialize and
play with others. Come to the VNA and
see a landmark item that has been
around for some time, and while
you're here see all the other programs
that the VNA has to offer.

"Une of the biggest advocates for older adults of Knox County are family caregivers."

T-CARE for Caregivers





This program is called T-CARE and it not only screens the level of need that family caregivers may have, but it also provides them with local and worldwide resources that they can use to help themselves and their care recipients.

To utilize the T-CARE programs, clients will meet with our caseworker on site or via phone and answer some questions about themselves and their care recipient. After this initial meeting, clients will receive a care plan that will help them identify resources they can utilize within the community to have more support and services they may not have sought out before.

If you or someone you know is a family caregiver, then we encourage you to reach out to the VNA to learn about all the resources we have waiting for you.





"Each person within our organization and a pivotal role and works hard every day to provide help and resources for the older adults of Knox County."

Transitioning to Homestyle Direct

Food security has always been a matter of importance for the VNA. We have several programs that we use to help ensure the food security of the older adults of Knox County. These programs include: the congregate meal that is served on site, the shelf stable meals that are supplementary for those with food insecurity, and also the home delivered meals which are through a third part organization for the homebound within the community.

In an effort to continuously offer quality services at the VNA, we will be switching providers for our home delivered meals program starting January 1st, 2024. This new provider will be Homestyle Direct. This switch will be an easy transitions for all those that receive home delivered meals so consumers have nothing that they need to do on their end. Also, the provider's services will be similar to the current provider that we use.

The Homestyle Direct meals will be frozen meals and will include dietary needs such as heart friendly, diabetic friendly, renal friendly, and gluten restricted menus. Those who qualify will receive 20 meals a month with a \$5 suggested donation per meal. If you or someone you know is homebound and would benefit from our home delivered meals programs, then call the VNA at (309) 342-1152 for information.

NEW FACES AT THE VNA

Over the last few months, we have had a few change of hands at the VNA, and we are proud to introduce some new faces that are passionate about the well-being of the older adults of Knox County.

First, Terri Warrington joined the kitchen staff of the VNA by teaming up with our kitchen manager, Teresa, to provide the best congregate meal service we always strive for at the VNA.

Next, Deb Sallee, who was once our kitchen manager for our Victoria location, returned to the VNA be our kitchen manager for our Ahingdon location as part of our congregate meal program.

And lastly, Kylie Swierk joined us just recently as our administrative unistant and she has quickly become an important asset of the VNA team.

Each person within our organization has a pivotal role and works hard every day to provide help and resources for the older adults of Knox County. Come down to the VNA to meet all of our devoted team.



The VNA is funded in part by the Western Illinois Area Agency on Aging.



























Support local community businesses that support the VNA.



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All Meals served with Bread and Milk

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Sun	Mon	Tue	Wed	nųL	Fri	Sat
31	Closed for Holiday	Ham Noodle Cass Lettuce Salad Broccoli Fruited Jello Pudding	Hamburger Saked Beans Potato Salad Slaw Ice Cream	Salmon Patty Cream Peas Potatoes Lettuce Salad Peaches/Pie	Ham Green Beans Party Potatoes Glazed Carrots Fruit Crisp	9
7	Chicken Casserole w/Broccoli Brown Rice Cauliflower Strawberry Shortcake	Potato Soup Egg Salad Sandwich Asparagus 3 Bean Salad Mixed Fruit	Pork Chop Mashed Potatoes Green Beans Banana Jello	Fish Fillet Baked Pot Baked Beans Cole Slaw Pears	Meatioaf 12 Baked Sweet Potato Esc Corn Pea Salad Peaches Cake	13
14	Breakfast Cass 15 Orange Juice Strawberries Banana Coffee Cake	Liver and Onions 16 Mashed Potatoes Squash Spirals Mixed Veggies Orange	Veg Beef Soup 17 Mac Salad Mixed Fruit Fruit Cobbler	BBQ Pork Sand 18 Baked Sweet Potato 3 Bean Salad Esc Corn Chocolate Mousse Tropical Fruit	Chicken Parm 19 Corn/Lima Beans Lettuce Salad Garlic Bread Cake/Ice Cream	20
21	Tuna Noodles 22 Veggie Blend Lettuce Salad Orange Angel Lemon Cake	Chicken 23 Dressing Mashed Potatoes Spinach Salad Pears Apple Caramel	Tuna Salad Sand 24 Broccoli Cheese Soup Succatash Lettuce Salad Pie	Hot Turkey Sand 25 Mashed Potatoes Green Beans Glazed Carrots Brownie	Goulash Green Beans Lettuce Salad Apricots Bread Pudding	27
28	Lasagna Lettuce Salad Carrot/Celery Glazed Angel Cake	Reuban Siders Kidney Bean Salad Peas & Carrots Peaches Cherry Fluff	Chicken Wild Rice Soup Asparagus Kidney Bean Salad Mixed Fruit		2	C

January 2024

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	1 VNA Closed	8 Yoga@10		21 Yoga @ 10	
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SS Suggested Donation
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away due to mability t

February 2024

All Meals served with Bread and Milk

Sunday	4	11	18	25	
Saturday	E .	10	17	24	
Friday	Turkey Pot Pie Mashed Potatoes Corn Cauliflower Pears	Tuna Noodle Cass Veggie Blend Lettuce Salad Orange Angel Lemon Dessert	Salmon Patties Cream Peas Pot Lettuce Salad Peaches Fruited Jello	Hot Beef Sand Mashed Potato Mixed Veggie Lettuce Salad Ambrosia Salad Pie	
Thursday	1 Breakfast Cass Strawberries Orange Juice Banana Muffin	8 Beef Stew & Biscuit Carrot Sticks Green Beans Crinn Applesauce Cookie	Ravioli Bake Lettuce Salad Carrot/Celery Glazed Angel Cake	22 Meatloaf Baked Potato Kidney Bean Sid Broccoli & Caul Pudding	29 Bacon Cheeseburger Baked Beans Potato Salad Sław Melon
Wednesday		7 Lasagna Soup Lettuce Salad Green Beans Breadstick Ice Cream	14 SS Chicken Rice and Veggies Broccoli Orange Fruit Cobbler	21 3 Bean Soup Carrot & Celery Fruit Cocktail Apple/PB Cookie	Minestrone Soup Ham Slider Asparagus 3 Bean Salad Mixed Fruit
Tuesday		Chicken Noodles Mixed Veggies Mashed Potatoes Applesauce Jello	Sloppy Joe on Bun Baked Beans Baked Potato Apricots Straw Shortcake	20 Ham Party Potatoes Glazed Carrots Green Beans Fruit Crisp	27 Goulash Green Beans Lettuce Salad Apricots Bread Pudding
Monday		Sausage Gravy and Biscuits Oven Fried Potatoes Carrots Peaches/Fruit Crisp	Ham Esc Potatoes Peas & Carrots Pears Ice Cream	Closed for Holiday	Ham and Beans Corn Bread Lettuce Salad Cherry Fluff Carrots w/Ranch

February 2024

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MED	1 Art (Virtual)@3	8 Pool Tables Open	15 Art (Virtual) @3	22	29 Bingo @ 10
			14 Valentine's Day	21	28
TUE		6 Mr. IT (Zach) @ 9:30	13 Tech (Virtual)@2	20 Mr. IT (Zach) @ 9:30	27 Tech (Virtual)@2
NOW				VNA Closed	
		מו	12 Yoga@10	119 VNAC	26 Yoga @ 10

The End of Medicare Open Enrollment

Over the past few months our SHIP Counselors, Walker Kelly, Jackie Weidenhamer, and Marcus Bailey, have taken strides to help the older adults of Knox County with their Medicare health insurance. Being SHIP Counselors, their mission is to be an unbiased voice dedicated to showing those on Medicare Advantage Plans or Medicare Prescription Drug Plans the costs of their current plans compared to others for the year of 2024.

This year, the SHIP Counselors at the VNA were able to save over \$70,000 for the older adults of Knox County. The Annual Open Enrollments takes place from October 15 — December 7th of every year. If you have questions or would like to do a comparison, then please reach out to the VNA.



"The resources within Knox County focused not only on food but also housing and transportation for those in need."

OAKS Christmas Health Fair

On December 15th, the VNA attended the OAKS Christmas Health Fair at the historic OAKS Senior Center. This building was full of a

staff of people that are dedicated to helping the older adults of Knox County. There was a craft/ quilting room, a flea market, and even a homemade meal served on site for 5 dollars only.

Besides the VNA, there were many other organizations from the community such as Compassus of Galesburg, Stone-Hayes CIL, Western Illinois Home Health Care, Beacon of Hope Hospice, and many others.

Members of the Knox County community were able to come out and connect with health

organizations, gaining a lot of helpful information and resources to utilize. If you or someone you know would like to learn and use some the resources from these organizations, then reach out to the VNA Community Services.



VNA COMMUNITY SERVICES

VNA is the premier senior social services agency of Knox County. It is our mission to provide access to services and programs that either maintain or improve the quality of lide for the seniors of our community allowing them to remain thriving in their homes.



Michael John Bennett Executive Director

From the Director's Desk

Dear VNA Supporters,

We're excited to share the latest news on the successes of our "Raise the Roof' campaign at VNA in Galesburg! Thanks to the incredible generosity and community spirit of the people of Knox County, our campaign to fund the recently installed roof has gained remarkable momentum.

With a goal of \$25,000+, we're thrilled to report that we have already raised a quarter of the amount necessary toward ensuring the well-being of our seniors. The new roof is a vital improvement, safeguarding the comfort and safety of the seniors who rely on VNA's services.

From heartfelt individual donations to local businesses stepping up to support, the outpouring of community support has been truly inspiring. Our community understands the importance of VNA's mission to provide quality care for seniors, and their commitment to ensuring a safe environment for them is truly commendable.

As we continue to gain momentum toward our fundraising target, we invite everyone to join us in this ongoing push. Every dollar counts and brings us closer to securing the future of VNA's crucial services. Whether you contribute as an individual or through local partnerships, your support makes a meaningful

difference in the lives of seniors in Knox County.

Let's continue to "Raise the Roof" and elevate the wellbeing of our community's seniors. Together, we can ensure that no one is left without the care and support they deserve.

Thank you for being a vital part of the VNA Galesburg family and for making a lasting impact on the lives of those we serve.

Sincerely, Michael John Bennett Executive Director VNA Community Services

