

The Distinguished Reader

VNA
Community
Services



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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 Homestyle Direct
- T-CARE provides for assistance for Family Caregivers
- OAKS Christmas Health Fair brings 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.

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

T-CARE for Caregivers

At the VNA, we have always highlighted the efforts of those who help others. One of the biggest advocates for older adults of Knox County are family caregivers, and the VNA has always taken steps to offer resources to help caregivers and their care recipients.

Beginning in October of 2023, WIAAA funded a new program for all their regional non profit organizations as a means to provide more assistance for family caregivers within the western Illinois area.

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.



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



HOMESTYLE
direct

"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 to be our kitchen manager for our Abingdon location as part of our congregate meal program.

And lastly, Kylie Swierk joined us just recently as our administrative assistant 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. 

Landmark
cafe & creperie

TIMANDA



LOWE'S



Lim's
Ice Cream
LLC



Tres
cafe

F&M
BANK

STIR
Coffee
COMPANY

LENNYS
GRILL SUBS

Culver's



Support local community
businesses that support the VNA.

INNKEEPER OTE

Galesburg, Illinois



\$5 Suggested Donation
No cash will be turned away due to inability to pay

JANUARY 2024

All Meals served with Bread and Milk

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1 Closed for Holiday	2 Ham Noodle Cass Lettuce Salad Broccoli Fruited Jello Pudding	3 Hamburger Baked Beans Potato Salad Slaw Ice Cream	4 Salmon Patty Cream Peas Potatoes Lettuce Salad Peaches/Pie	5 Ham Green Beans Party Potatoes Glazed Carrots Fruit Crisp	6
7	8 Chicken Casserole w/Broccoli Brown Rice Cauliflower Strawberry Shortcake	9 Potato Soup Egg Salad Sandwich Asparagus 3 Bean Salad Mixed Fruit	10 Pork Chop Mashed Potatoes Green Beans Banana Jello	11 Fish Fillet Baked Pot Baked Beans Cole Slaw Pears	12 Meatloaf Baked Sweet Potato Esc Corn Pea Salad Peaches Cake	13
14	15 Breakfast Cass Orange Juice Strawberries Banana Coffee Cake	16 Liver and Onions Mashed Potatoes Squash Spirals Mixed Veggies Orange	17 Veg Beef Soup Mac Salad Mixed Fruit Fruit Cobbler	18 BBQ Pork Sand Baked Sweet Potato 3 Bean Salad Esc Corn Chocolate Mousse Tropical Fruit	19 Chicken Parm Corn/Lima Beans Lettuce Salad Garlic Bread Cake/Ice Cream	20
21	22 Tuna Noodles Veggie Blend Lettuce Salad Orange Angel Lemon Cake	23 Chicken Dressing Mashed Potatoes Spinach Salad Pears Apple Caramel	24 Tuna Salad Sand Broccoli Cheese Soup Succatash Lettuce Salad Pie	25 Hot Turkey Sand Mashed Potatoes Green Beans Glazed Carrots Brownie	26 Goulash Green Beans Lettuce Salad Apricots Bread Pudding	27
28	29 Lasagna Lettuce Salad Carrot/Celery Glazed Angel Cake	30 Reuban Sliders Kidney Bean Salad Peas & Carrots Peaches Cherry Fluff	31 Chicken Wild Rice Soup Asparagus Kidney Bean Salad Mixed Fruit	1	2	3

January 2024

	MON	TUE	WED	THU	FRI	SAT	SUN
1		3	4	5	6	7	
VNA Closed	2 Mr. IT (Zach) @ 9:30		Art (Virtual) @ 3				
8	9	10	11	12	13	14	
Yoga @ 10	Tech (Virtual) @ 2		Pool Tables Open				
15	16	17	18	19	20		
	Mr. IT (Zach) @ 9:30		Art (Virtual) @ 3				
21	22	23	24	25	26	27	
Yoga @ 10	Tech (Virtual) @ 2						
28	29	30	31				
			Bingo @ 10				

\$5 Suggested Donation
 No one will be turned away due to inability to pay

All Meals served with Bread and Milk

February 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Breakfast Cass Strawberries Orange Juice Banana Muffin	2 Turkey Pot Pie Mashed Potatoes Corn Cauliflower Pears	3	4
5 Sausage Gravy and Biscuits Oven Fried Potatoes Carrots Peaches/Fruit Crisp	6 Chicken Noodles Mixed Veggies Mashed Potatoes Applesauce Jello	7 Lasagna Soup Lettuce Salad Green Beans Breadstick Ice Cream	8 Beef Stew & Biscuit Carrot Sticks Green Beans Cinn Applesauce Cookie	9 Tuna Noodle Cass Veggie Blend Lettuce Salad Orange Angel Lemon Dessert	10	11
12 Ham Exc Potatoes Peas & Carrots Pears Ice Cream	13 Sloppy Joe on Bun Baked Beans Baked Potato Apricots Straw Shortcake	14 SS Chicken Rice and Veggies Broccoli Orange Fruit Cobbler	15 Ravioli Bake Lettuce Salad Carrot/Celery Glazed Angel Cake	16 Salmon Patties Cream Peas Pot Lettuce Salad Peaches Fruited Jello	17	18
19 Closed for Holiday	20 Ham Party Potatoes Glazed Carrots Green Beans Fruit Crisp	21 3 Bean Soup Carrot & Celery Fruit Cocktail Apple/PB Cookie	22 Meatloaf Baked Potato Kidney Bean Sid Broccoli & Caul Pudding	23 Hot Beef Sand Mashed Potato Mixed Veggie Lettuce Salad Ambrosia Salad Pie	24	25
26 Ham and Beans Corn Bread Lettuce Salad Cherry Fluff Carrots w/Ranch	27 Goulash Green Beans Lettuce Salad Apricots Bread Pudding	28 Minestrone Soup Ham Slider Asparagus 3 Bean Salad Mixed Fruit	29 Bacon Cheeseburger Baked Beans Potato Salad Slaw Melon			

February 2024

	MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3	4	
			Art (Virtual) @ 3				
5	6	7	8	9	10	11	
	Mr. IT (Zach) @ 9:30		Pool Tables Open				
12	13	14	15	16	17	18	
Yoga @ 10	Tech (Virtual) @ 2	Valentine's Day	Art (Virtual) @ 3				
19	20	21	22	23	24	25	
VNA Closed	Mr. IT (Zach) @ 9:30						
26	27	28	29				
Yoga @ 10	Tech (Virtual) @ 2		Bingo @ 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.



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

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 life 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 well-being 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

VNA Community Services

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...better with age



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