



Collaborating for the health of residents in  
Aurora, Batavia, Big Rock, Blackberry, Kaneville,  
Sugar Grove, and Virgil Townships

# **December 2022**

## **INC Links**

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**Featured Agency**  
**SENIOR SERVICES**  
**ASSOCIATES**

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**Did you know that 10,000 people turn 60 every day? And did you know that in the State of Illinois every person aged 60 or older is entitled to a free in-home assessment to determine what assistance they may need? Senior Services Associates, an INC-funded agency, is the Care Coordination Unit for seniors in Kane, Kendall, and McHenry counties. A Care Coordination Unit is a one stop shop to gain access to a myriad of services designed to aid seniors, their caregivers, and the disabled, ages 18-59, living in the community. The following are a few of the Care Coordination services that are offered free of charge.**

**Friendly Visiting: Connects seniors with carefully screened volunteers who want to make a difference, while building one-to-one connections.**

**Adult Protective Services: Investigates allegations of physical and emotional abuse of seniors, including financial exploitation, confinement, sexual abuse, passive neglect, and willful deprivation.**

**Assessment and Care Coordination: Provides home-delivered meals, transportation, socialization, access to prescription**

drug assistance programs, property tax exemption services, help on Medicare/Medicaid paperwork and more.

**Caregiver Assistance:** Supports caregivers by giving them time to care for themselves and their families, including funding for respite or home modifications.

**Emergency Services & Home Repair:** Assistance when unexpected expenses happen, like unforeseen medical bills, home damage, mechanical breakdowns, or broken appliances.

**Information & Assistance:** Assistance with understanding and filing public benefit forms, and referrals on local, state, and federal services that help seniors live in their home as long as safely possible.

**Nursing Home Ombudsman:** Assists residents of long-term care facilities and their families by providing information, advocacy, investigation of complaints, and mediation as needed.

**Transportation Services:** Provides vital transportation to seniors who need to visit their doctor or pharmacist to maintain their freedom and quality of life. Additional destinations may be offered based upon availability in each office.

**Volunteer Services:** Offers programs that provide meaningful volunteer opportunities for those who wish to help seniors or other non-profit agencies in the community.

Located at their Senior Center at 2111 Plum Street, Senior Services Associates offers:

**Recreation, Education & Health:** Recreational, educational,

and health-related activities to keep seniors fit, strong, happy, and socially engaged.

**Evidence-Based Exercises:** Encourages a healthy lifestyle through CDC First Tier Evidence-Based exercise and nutrition programming, either in person or virtually, to keep seniors fit and strong.

**Virtual Programming:** Virtual recreational and educational activities to keep seniors socially engaged, healthy, and informed.

For more information, visit them <https://seniorservicesassoc.org/>.

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## A Year in Review with

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**INC Board, NFP changed its name to INC Mental Health Alliance. The new name enables the community to better understand who we are and what we do. We also created a new and improved website and staff email addresses!**

**Our board approved a 2% allocation increase to existing funded agencies that requested it for FY23. The board also approved funding for a new program with one of our funded agencies, Family Counseling Service (FCS). FCS has formed a**

**partnership with Aurora University to create a new and unique hybrid employment / internship opportunity for student behavioral healthcare professionals, called Community Mental Health Academy (CMH).**

**In May of 2022, we successfully completed the sale of approximately 1.8 acres of vacant land and our buildings to two of our funded agencies. The INC office remains in the same space, and we plan to be here for many years to come! We also continue to sublease space to our local NAMI chapter.**

**We updated our board conference room to create more working space and improve technology to meet the needs of our hybrid meetings.**

**We sponsored the Adaptive Leadership Training for Executive Directors of our funded agencies. This training was offered after listening to agency needs at our annual roundtable meeting in November 2021. Agencies shared challenges of effective leadership during significant or constant change.**

**INC welcomed incoming Board President TJ Vaughan and thanked Ken Rojek for his 4 years of service as our Board President.**

**INC had a successful Strategic Planning meeting earlier this year and established our plan for the next 3 years. The Strategic Plan is available on our website.**

**INC Mental Health Alliance said good bye to intern Tiffany Larocque and hello to new intern Isabella Ramirez. Our interns are learning about the process of mental health funding to our agencies and have contributed a great deal to INC!**

**Staff attended 708 Board meetings within the 7 townships in Southern Kane County throughout the year. These board members are amazing and we thank all of them for their dedication and commitment to our mission.**

**Staff attended the Association of Community Mental Health Authorities (ACMHAI) membership meetings throughout the year, which provide an opportunity to collaborate with fellow colleagues in the industry.**

**Staff attended several community events within the 7 townships that INC serves. These events provided an opportunity to share INC's mission and talk about mental health in our community.**

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**Hope and Encouragement  
During the Holidays**

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The holiday season can bring joy, good food, and memorable experiences with loved ones. However, this time of year can be difficult for those who struggle with their mental health. The holiday season should bring hopefulness and happiness to everyone, but the stress and pressure of having a happy, joyful time of year can be too much for some individuals. There are a few protective factors that can aid in making holidays more enjoyable and less stressful. One is to practice self-care. Party planning and last-minute shopping can take its toll, so taking time to eat a healthy meal, rest, take a bath, create a holiday to-do list, or quiet reading can help us feel organized and refreshed. As much as we'd like to think we can do everything, it is good to set healthy boundaries and manage our time wisely. Another protective factor is to reflect on is gratitude. Gratitude is the quality of being thankful and a readiness to show appreciation for others and return their kindness. Gratitude can take many forms, such as being thankful for good health or for the person cooking our meal. Gratitude can be expressed through journaling, a gratitude list, or gathering friends and family to share how we are thankful for them.

When we take the time to consider our needs this holiday season, we may feel that we are having fun and enjoying the holidays! NAMI-KDK, an INC-funded agency, offers several programs that can aid in setting healthy boundaries and expressing gratitude such as their Creative Writing classes and Connections Recovery Support groups. For more information, visit them at <https://www.namikdk.org/>.

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### Seniors can Suffer the Most during the Holidays

The holidays are a magical time, but they can also be an incredibly stressful time. Seniors are not immune to this stress. In fact, the elderly are often the ones who suffer the most during the holidays. Here are some ways to help combat senior stress during the holidays this season:

- **When making plans for the holidays, it can be easy to forget to check in with our elderly loved ones. We may assume they are making plans of their own, or they “just know” we will visit them on Christmas Eve. Inform them of holiday plans as soon as possible to put their minds at ease.**
- **Have other friends and family members include them in their celebrations or plan to visit when you will be unavailable.**
- **Chances are your elderly loved one has lost people near and dear to them. Have a moment of silence for lost loved ones or take a few moments to reminisce over some happy memories with those who have passed.**
- **If your loved one is still able to, ask them to help during the holidays! Keeping them involved, however they can, will take their mind off other stresses and help them feel needed.**

**Senior Services, an INC funded agency, offers an opportunity for seniors to connect seniors with caring volunteers through their Friendly Visiting Program. Friendly Visitors provide positive social contact each week to their seniors, and the holidays are a wonderful time to connect volunteers with seniors. Senior Services also offers a calendar of events for seniors around the holidays including turkey dinner for Thanksgiving and holiday parties in December. For more information, visit <https://seniorservicesassoc.org/>.**



**INC Mental Health Alliance wishes you and your loved ones a  
Happy Holiday and New Year!**

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