

CAREGIVER NEWS

1-800-798-0988

www.alternativesforyou.org



Alternatives has served ten counties in Midwestern Illinois for more than thirty years.

Designated by the State of Illinois, Alternatives is the lead advocate throughout ten counties including Rock Island, Henry, Mercer, LaSalle, Putnam, Knox, Henderson, Warren, Bureau, and McDonough

Alternatives' Ombudsmen also serve Brown, Hancock, Schuyler, Adams, Pike and Calhoun County.

It is our mission to promote the independence and quality of life for older adults, adults with disabilities, and their families.

Walking the Walk

There is overwhelming evidence that walking is one of the most beneficial things you can do for your health and fitness. Walking has been clinically proven to reduce stress, boost immune function, protect against depression, and reduce your risk of heart disease, cancer, and dementia, among other diseases.

The Centers for Disease Control and American Heart Association recommend walking as one of their top choices for aerobic activity. Aim for 150 minutes of moderate walking or other aerobic activity per week. Another popular guideline is to walk at least 10,000 steps per day.

Once you start seeing walking as not just a form of exercise but also a skill to be developed, a whole new world of possibilities opens up. Take the path less traveled by getting out into nature or just look for obstacles to add complexity to your normal walking route through the neighborhood. Instead of just logging a 30 minute walk, try to make each walk you take as interesting as possible. Step under and over things, balance on a log or curb, tip toe, carry something, or play the childhood game and avoid all of the cracks!

How to practice walking in everyday life:

- Make the decision to become a "walker" so that when you can walk, you do walk.
- Park further away from your destination so you have to walk more.
- Fit a walk into other activities, such as phone meetings or lunch breaks.
- When you visit with friends or loved ones, spend some time walking together.
- Go for a short walk after each meal, after your workouts, or at the end of a long day.
- If nothing else will fit into your schedule, spend some time on a treadmill or an under desk treadmill works as well.

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Care Coordination— consultation with professionally certified care coordinators providing free, in-home assessments to identify and set up supports for individuals living independently or for nursing home residents wanting to move back into the community.

Ombudsman— providing a listening ear, Ombudsmen meet with nursing home residents to help resolve concerns or complaints. For individuals in the community, the ombudsman is the advocate for concerns with services provided through managed care.

Adult Protective Services— investigating and resolving reported cases of abuse, neglect or financial exploitation for older adults, (over age 60) or adults with disabilities, (age 18-59).

Assistance with Money Management— assisting individuals with bill paying, writing checks, budgeting and balancing their checkbook.

Bridges Community Program— Aging and Disability Resource Center for the lower two thirds of LaSalle County. Offering options counseling and assistance with benefits registration including Medicare, Medicaid, state supported programs or other available benefits. Bridges offers a full calendar of events for older adults.

The Paths Less Traveled

Spending time outside in the fresh air and sunshine does the body a world of good! Nature provides a great environment for walking as you encounter different surfaces, grades, obstacles, and other environmental variables that challenge the body in unique ways. Take a walk and explore what nature has to offer in Alternatives' 10-county area:

Bureau

Coal Miner's Park
East St. Paul Street
Spring Valley IL 61362

Henry

Johnson Sauk Trail State Park
28616 Sauk Trail Road
Kewanee IL 61443

LaSalle

Buffalo Rock State Park
1300 North 27th Road
Ottawa IL 61350

Mercer

Big River State Forest
1337 Township Road 2850N
Keithsburg IL 61443

Rock Island

Black Hawk Forest
1510 46th Avenue
Rock Island IL 61201

Henderson

Henderson Co. Covered Bridge Park
Highway 164 Henderson Creek
Gladstone IL 61437

Knox

Lake Storey Park
1572 Machen Drive
Galesburg IL 61401

McDonough

Argyle Lake State Park
640 Argyle Park Road
Colchester IL 62326

Putnam

Putnam Co. Conservation District
4526 E 1000th St,
Hennepin IL 61327

Warren

LeSuer Nature Preserve
US-34
Monmouth IL 61462

Caregiver Resource Drive-Thru

Pick up a bag of resources, information & goodies from agencies & providers, serving the bi-state area & surrounding counties, without leaving your car!

**Saturday, June 26, 2021
9:00 a.m.-11:00 a.m.**

2 Event Locations

**Unitypoint Health-
Trinity Moline**
500 John Deere Road
Moline, IL 61265

**Unitypoint Health-
Trinity Bettendorf**
4500 Utica Ridge Road
Bettendorf IA 52722

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