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**Community Care
Systems, Inc.**

Press Release

For Immediate Release:

Community Care Systems, Inc. is offering the following Programs in McLean County.

Bloomington, IL, August 17, 2017:

Matter of Balance: Join this healthy-aging class to get evidence-based results to poor balance and the inactivity that fear of falling exerts over our lives. Class includes free materials, exercises, and lessons taught by two of our *Matter of Balance* Coaches over eight, two-hour sessions. This class will be held at Blair House, 1200 East College Ave., Normal, IL on Fridays, September 22 - November 10 from 9:00 – 11:00 a.m. Pre-registration is required by calling Community Care Systems, Inc. at 309-661-6400.

New To Medicare: Community Care Systems, Inc. Senior Health Insurance Program Counselors will be presenting a NEW TO MEDICARE seminar on Thursday, October 12th from 5:30 – 7:00 PM at the Normal Public Library, Normal, IL. If you are nearing the age where you need to consider your Medicare options, this overview will help you get a handle on the maze that is Medicare. There is no charge for this seminar, but pre-registration is requested by calling 309-661-6400.

Senior Farmers Market Nutrition Program: Vouchers for fresh fruits and vegetables are available to those over 60 years of age who have a monthly income of less than \$1860.00. Usable at the Bloomington and Downs Farmers Markets, and at local Brown's Produce Stands. Offered at our main office or our outreach locations; although a limited number of voucher packets are available. Applicants must bring a photo I.D. and proof of income. Call 309-661-6400 for more information.

Information & Assistance Outreach: Senior Information Services Coordinators will be on hand at the following locations to provide assistance to those over 60 and the disabled. Information & Assistance helps people complete applications, answer questions, and make referrals to services/programs at the local, state, and federal level to meet a multitude of needs.

For Immediate Release

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Bloomington/Normal Locations:

- **Anglers Manor 2nd Floor Dining Room,**
1017 S. Mercer Avenue, Bloomington. 2nd Tuesdays, 2:00-4:00 pm
- **Downtowner Community Room,**
109 W. Market St., Bloomington, 1st Mondays, 9:30-11:30 am
- **Lincoln Towers Sun Room,**
202 S. Roosevelt Ave, Bloomington, 3rd Thursdays, 1:30 – 3:30 pm
- **Normal Township ARC Health Services Room,**
600 E. Willow St., Normal. 2nd & 4th Thursdays, 9:00 – 11:00 am
- **Orlando Estate Apartments Community Room,**
710 Orlando Ave, Normal. 4th Tuesdays, 1:30 – 3:30 pm
- **Phoenix Towers Community Room,**
202 W. Locust, Bloomington, 1st Mondays, 2:30-4:30 pm
- **Woodhill Towers Community Room,**
104 E. Wood Street, Bloomington, 4th Tuesdays, 9:30 – 11:30 am

Rural McLean County Locations:

- **Danvers Township Library,**
117 East Exchange St., Danvers, IL 61732; 3rd Wednesdays, 9:00 – 11:00 am
- **Gridley Public Library,**
320 Center St., Gridley, IL 61744; 1st Thursdays, 1:00 – 3:00 pm
- **Heyworth Library,**
119 East Main St., Heyworth, IL 61745; 4th Wednesdays, 10:00 am – Noon
- **Leroy – Replex,**
304 E. Washington St., Leroy, IL 61752; 2nd Mondays, 2:30 – 4:30 pm
- **Lexington Community Center,**
207 W. Main St., Lexington, IL 61753; 4th Mondays, 10:00 am - Noon
- **Saybrook - Cheney's Grove Township Hall,**
204 S. State St., Saybrook, IL 61770; 3rd Tuesdays, 1:00 – 3:00 pm

For older adults and the disabled in other rural areas of McLean County who are unable to get to our outreach locations, please call us at 309-661-6400 to schedule a home visit.

Caregiver Support Groups:

Support groups are available to previous and current caregivers of older adults in the community. The purpose of the group is to share experiences, exchange ideas, and provide support to those who care or cared for older adults. If you are interested in attending one of the following groups, please call Wonea Garrett, Caregiver Advisor at 309-661-6400 for more information.

- **Alzheimer's Support Group,**
Advocate BroMenn Adult Day Center, 207 Landmark Drive, Normal, IL
Meets the 3rd Monday each month, 12:00pm-1:00pm
- **Caregiver's Support Group,** OSF Medical Group, 1701 E. College Ave, Normal, IL
Meets the last Wednesday each month, 5:30pm-6:30pm. Current and past caregivers of older adults are welcome to attend.
- **Dementia/Alzheimer's Support Group- A Trip Down Memory Lane,**
ARC, 600 E Willow St, Normal, IL

Meets the 1st Tuesday each month, 9:30am-1030am. Current and past caregivers of older adults are welcome to attend.

- **ROCK (Raising Our Children's Kids),**

Grandparents Raising Grandchildren/Other Relatives

Children's Home + Aid – Healthy Start House, 1119 E. Taylor Street, Bloomington, IL 61701. Meets the 1st and 3rd Wednesday each month, 5:30pm-7:00pm. A meal and free child care are provided. Older adults currently raising grandchildren or other relatives are welcome to attend. Please call Wonea at 309-661-6400 to RSVP before each meeting.