

Newsletter Archives

All of our newsletters include helpful information for seniors. With the exception of special editions, each issue has a caregiver and a grandparent raising grandchildren section. Most issues include health related articles and items of interest from other local senior advocate agencies.

November 2004
***National Family
Caregiver Month***

48 Mental Breaks for Caregivers
Preventing Bedsores/Pressure Ulcers
Holiday Safety Tips (American Academy Pediatrics)
Eldercare
Annual Meeting Awards

October 2004
***Special Edition: Winter
Preparedness***

LIHEAP/IHWAP
Energy Savers
Preparing for Winter Storms
Winter Driving Safety Tips
Holidays High Risk for Fires
Holiday Decorating Safety Tips

July/August 2004
***Medicare Prescription
Drug Summit***

Message from CDC: West Nile Virus
Environmental Hazards: Triggers COPD/Asthma
Talking About Your Final Wishes
RSVP Volunteer Program

May/June 2004
Shattering Myths of Old Age

In Touch Services
Prairie State Legal Services: Is That a Legal Issue?
Summer Travel Information

April 2004
Celebrating Seniors 2004

Prescription Medicare Drug Discount Cards
Rx Buying Club
Alzheimer's Assn. Safe Return
Your Health

February 2004
Sign Up For Circuit Breaker

Moon Walk 2004
Your Health
Internet Health Websites
12 Ways Libraries Are Good for the Country

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