



Lutheran Social Services of Illinois

# NEWS RELEASE

**FOR IMMEDIATE RELEASE**

October 5, 2009

Contact: TyAnne Unger

815/562-1404

## **LSSI's Lincoln Manor to Hold Health Fair and Expo for Older Adults and Caregivers**

On Thursday, October 15, Lincoln Manor Senior Housing, a program of Lutheran Social Services of Illinois (LSSI), is holding a Health Fair and Expo for older adults from 9 a.m.–2 p.m. at First Presbyterian Church, located at 1106 Calvin Road, in Rochelle. At the free event, participants will learn about issues that older adults face — including health and financial issues — and also what support is available for caregivers.

“The day will be informative, not only for older adults, but also for caregivers,” says TyAnne Unger, manager of Lincoln Manor. “Information on a wide range of topics will be available, along with flu shots from the Ogle County Health Department and free hearing, blood pressure and blood sugar screenings from Rochelle Community Hospital.”

Attendees will have an opportunity to visit booths from vendors, including housing groups, hospitals, senior service organizations, senior centers and insurance companies. In addition, representatives from other LSSI programs, including Comprehensive Care Coordination, Intouch Services, P.A. Peterson Center for Health (Rockford) and Peterson Meadows Retirement Community (Rockford), will be present.

For those in need of transportation to the event, The Hub City Senior Center will be providing free rides. For more information, call 815/562-5050.

Participants will also have an opportunity to enjoy Crème de la Crepes by Ann Rice and Kathy Brooks for \$4 from 9 a.m. until 11 a.m. The Fellowship Committee of the First Presbyterian Church will sponsor a luncheon from 11 a.m. until 1 p.m. The cost is \$6 and will consist of soup, sandwich, dessert and beverage.

Lincoln Manor, a HUD (Housing and Urban Development) building, has 58 one-bedroom apartment units for people aged 62 or older. The facility, which offers a safe, comfortable and affordable place to live, also features a community room with a kitchen available to residents for various individual and group activities, as well as a full-time social service coordinator.

*-more-*

The rental fee for apartments is determined by each resident's ability to pay. In general, rent is 30 percent of the resident's monthly income. To be eligible to live at Lincoln Manor, individuals must meet specific income guidelines from HUD.

Founded in 1867, Lutheran Social Services of Illinois is a statewide, not-for-profit social service agency of the three Illinois synods of the Evangelical Lutheran Church in America (ELCA). LSSI serves people through an array of services at 83 program sites across Illinois.

For more information about the Health Fair and Expo, call 815/562-1404. For more information on LSSI, visit [www.LSSI.org](http://www.LSSI.org). For information on Lincoln Manor, visit <http://www.LSSI.org/Service/LincolnManor.aspx>.

###