

Senior Newsletter

Northwestern Illinois Area Agency on Aging

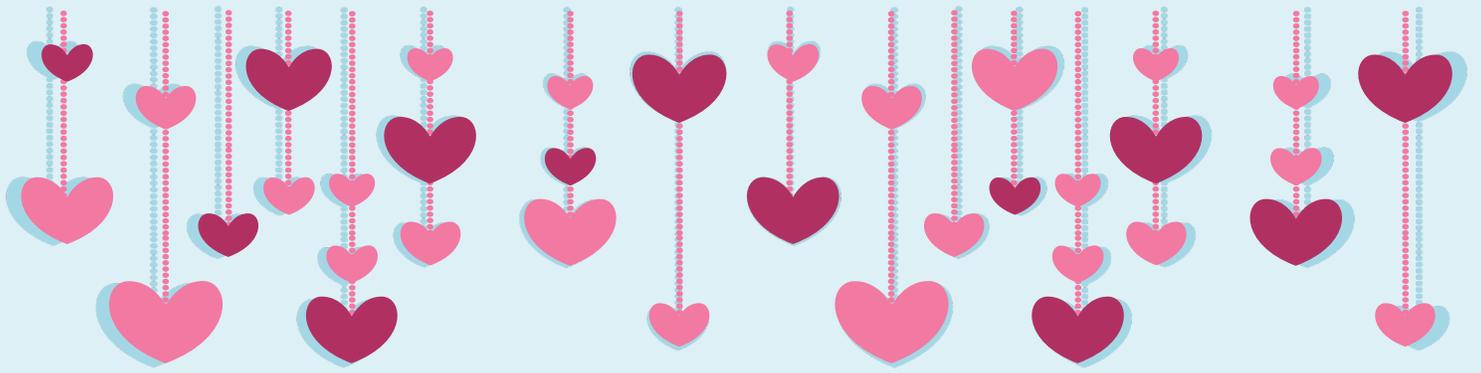
Serving Boone, Carroll, DeKalb, Jo Daviess, Lee, Ogle, Stephenson, Whiteside, Winnebago Counties



NIAAA

1111 S ALPINE ROAD, SUITE
600, ROCKFORD IL 61108

815-226-4901 (MAIN)
815-226-8984 (FAX)



Free income tax help will be available starting February 3rd 2025. The assistance will be administered by Tax- Aide volunteers trained by the Internal Revenue Service.

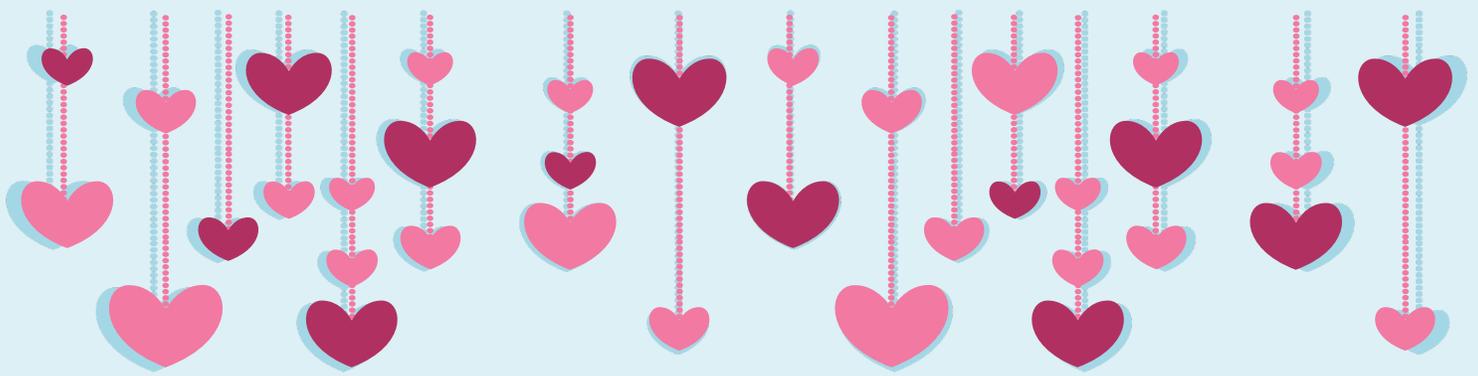
Days and times of service may change, and an **appointment is required**. The following is a list of sites in our area, with times and phone numbers:

Winnebago County:

- Cherry Valley Library, 755 E State St, Cherry Valley 61016, **815-332-5161** (Tuesday & Friday) Feb 4th- Apr 11th from 9:30am - 1:30pm
- Ken-Rock Community Center, 625 Adams St, Rockford 61107 **815-398-8864** (Thursday) Feb 6th- Apr 10th 9:00am- 1:00pm
- Lifescape Community Services, 705 Kilburn Ave, Rockford 61101. **815-963-1609** (Tuesday, Wednesday, Thursday) Feb 11th – Apr 7th 9:00am- 2:00pm
- NIAAA, 1111 S Alpine, Rockford 61108, **815-226-4901** (Tuesday, Wednesday, Thursday) Feb 11th- Apr 7th 9:00am- 2:00pm
- Talcott Free Library, 101 E. Main Street, Rockton 61072 **815-624-7511** (Monday) Feb 10th- Apr 7th 9:00am- 2:00pm

Boone County:

- Boone County Council on Aging, 2141 Henry Luckow Lane, Belvidere 61008. **815-544-9893** (Monday, Tuesday, Thursday, Friday) Feb 3^d- Apr 11th 8:15am- 11:30am

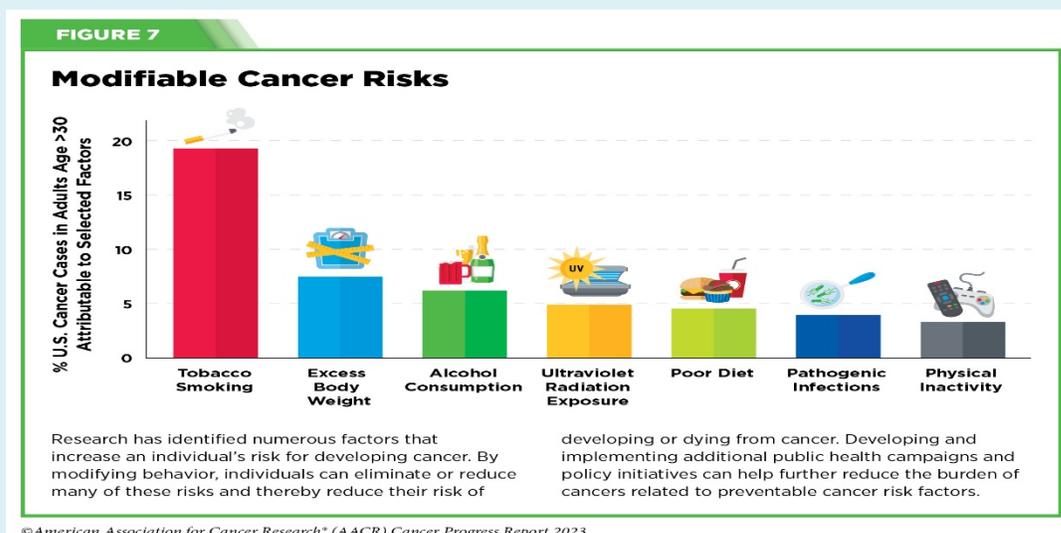


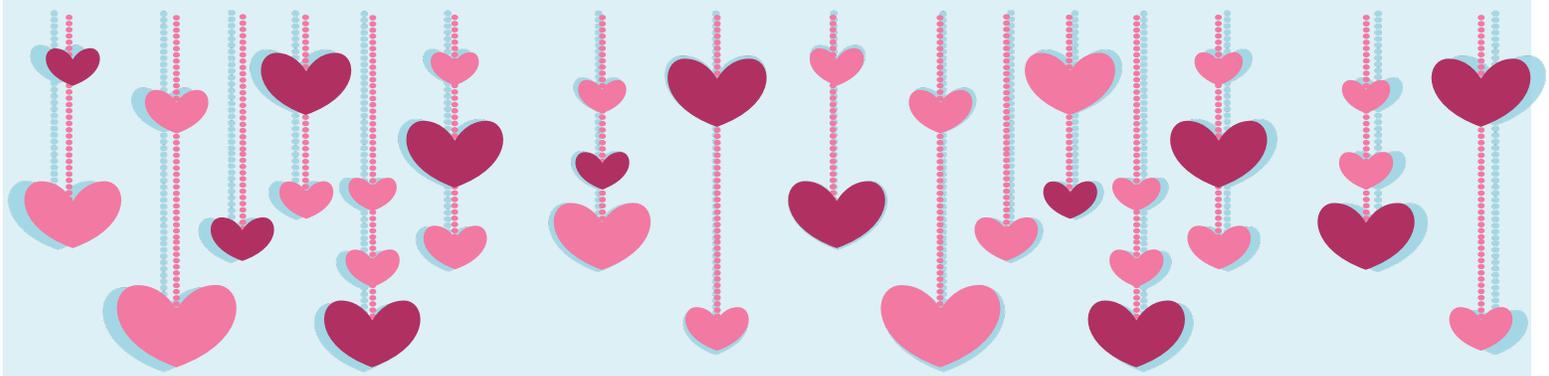
February is National Cancer Prevention Month

The federal government estimates that 2 million Americans were diagnosed with cancer (other than non-melanoma skin cancer) during 2024, and that more than 600,000 died from their disease. Research shows that more than 40% of these cases and nearly half of the deaths can be attributed to preventable causes—smoking, excess body weight, physical inactivity, and excessive exposure to the sun.

REDUCING THE RISK OF CANCER DEVELOPMENT

- Eliminate Tobacco Use
- Maintain Healthy Weight, eat a Healthy Diet, and Stay Active
- Reduce Risk of Diabetes
- Limit Alcohol Consumption
- Protecting Skin from UV Exposure
- Prevent and Eliminate Infection from Cancer-causing Pathogens
- Limit Exposure to Environmental Risk Factors
- Be Cognizant of Hormonal Factors





Caregiver Support Group

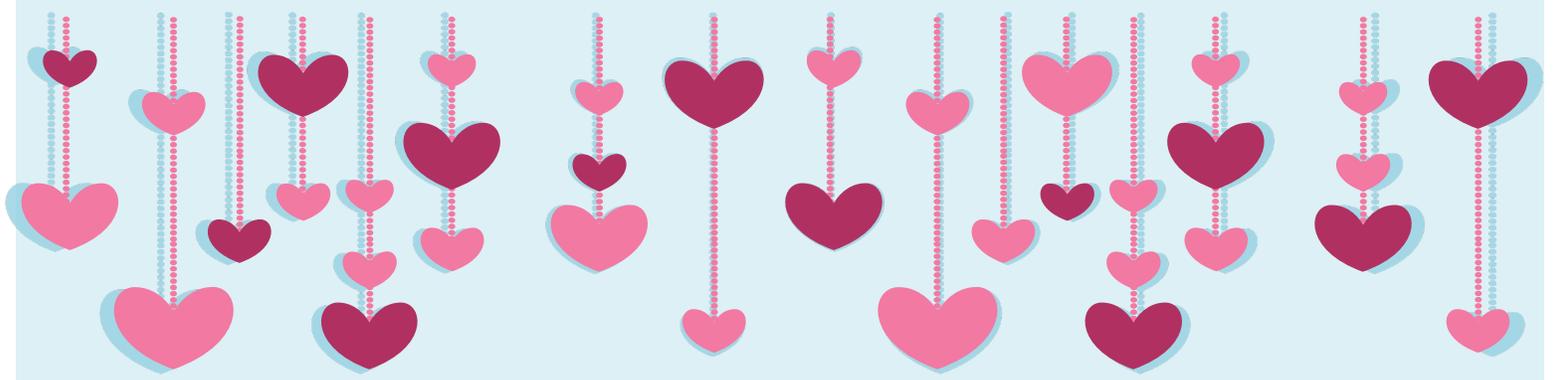
Join for an opportunity to share your feelings, develop new friendships, receive emotional support, and discuss solutions to common caregiver issues with other caregivers.



When: 2nd Thursday of the Month 1:30pm-3:00pm

Where: NIAAAS Boardroom
1111 S Alpine Rd Suite 600
Rockford IL 61108

Please RSVP by email info@nwilaaa.org or by phone **815-226-4901**



LIHEAP

What is LIHEAP?

The **L**ow-**I**ncome **H**ome **E**nergy **A**ssistance **P**rogram helps those in need pay their heating bills.

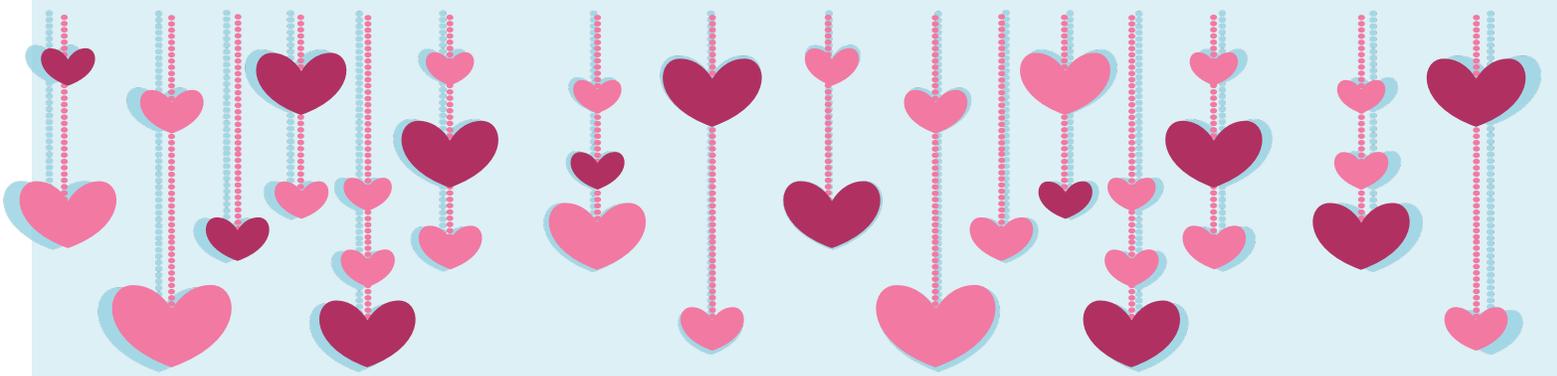
Who is eligible?

Homeowners and renters who are responsible for their heating bills and have a low or fixed income are eligible.

How do I apply?

NIAAA- Call **815-226-4901** M-F to set up an appointment

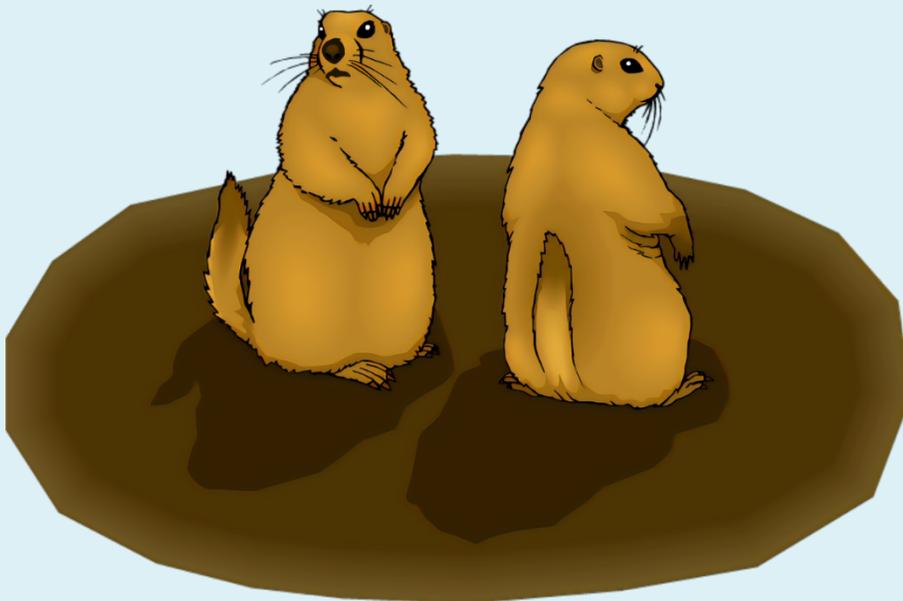
Lifescape- Open for calls only on **Monday, February 3rd at 8am**
(you must keep calling until you are connected to a live person)

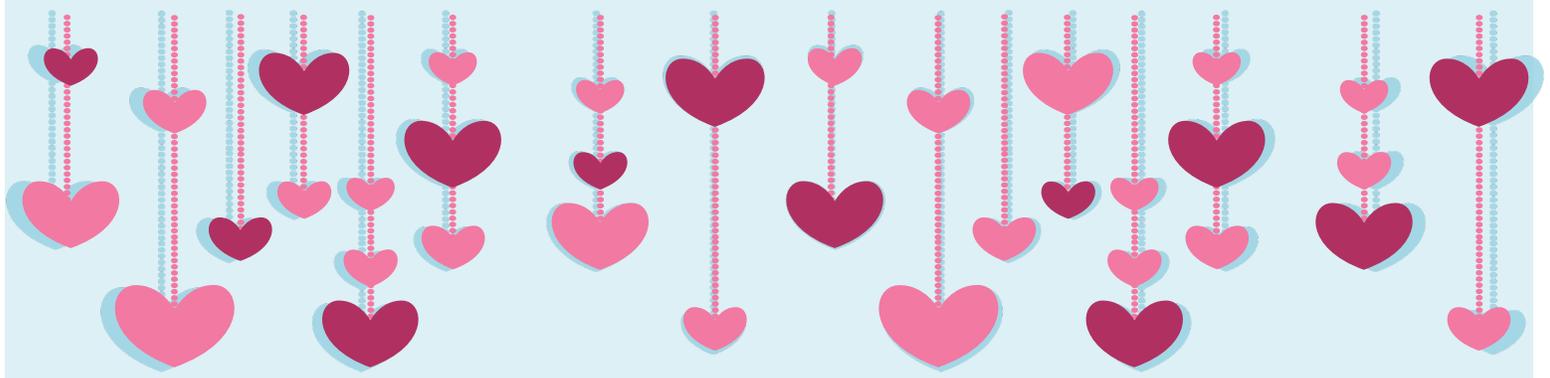


Groundhogs 'day is February 2nd

Groundhog Day is famously connected to weather prediction, with the most prominent tradition involving a groundhog predicting the conclusion of winter by seeing or not seeing his own shadow.

- **Sees his shadow:** There will be 6 more weeks of wintry weather.
OR
- **No Shadow:** Early spring weather is right around the corner.





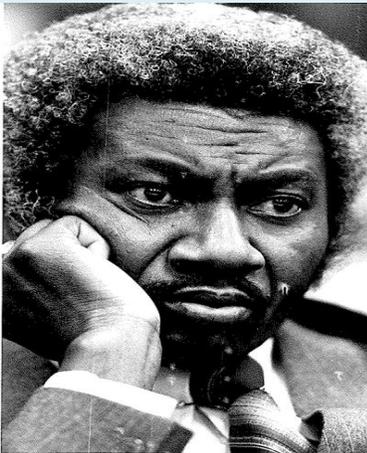
February is Black History Month

Facts:

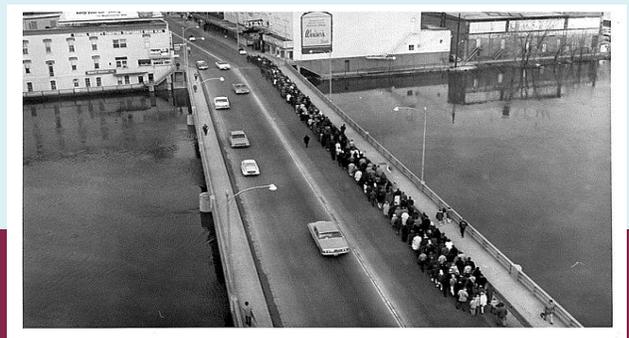
- Margie Sturgis broke the racial barrier in 1953 at Lincoln Park School by becoming Winnebago county's first black teacher.

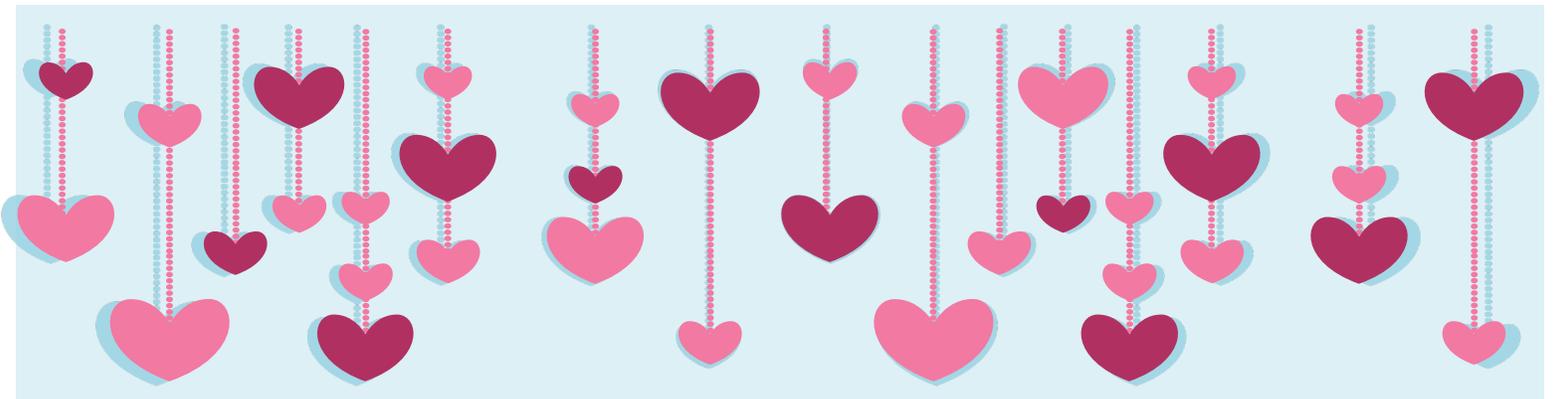


- Victory Bell became Rockfords first black alderman in 1971, and he served for 38 years.



- Civil Rights demonstrators march across State Street bridge on March 13th, 1965



A decorative header featuring several vertical strings of hearts in shades of pink and red, hanging from the top of the page. The hearts are of various sizes and are arranged in a way that creates a sense of movement and depth.

Senior Fraud Awareness

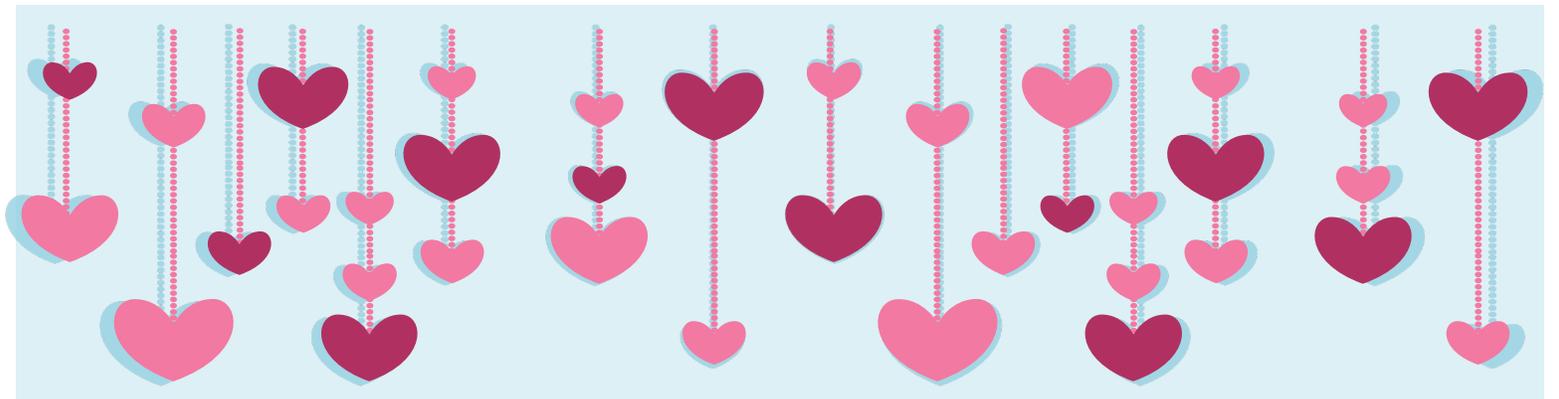
!!Financial scams and abuse that target older adults are happening more & more!!



Senior Scam safety tips:

- **DO NOT** give out any personal information over the phone.
- Watch out for calls or visitors that rush you or threaten you.
- Ask trusted family, financial advisors, or local cops if you're unsure about a scam.
- Report any suspicious activity

If you or someone you know are a victim of elder fraud, you can call the **National Elder Fraud Hotline** at 833-FRAUD-11 (**833-372-8311**)

A decorative graphic at the top of the page features several vertical strings of hearts in shades of pink and red, hanging from the top edge. Each string consists of a series of small hearts leading to a larger heart at the bottom. The background is a light blue gradient.

Benefit Access Program

A program that offers two benefits for seniors and persons with disabilities:

- License plate fee discount
- Free bus card on fixed routes

Requirements:

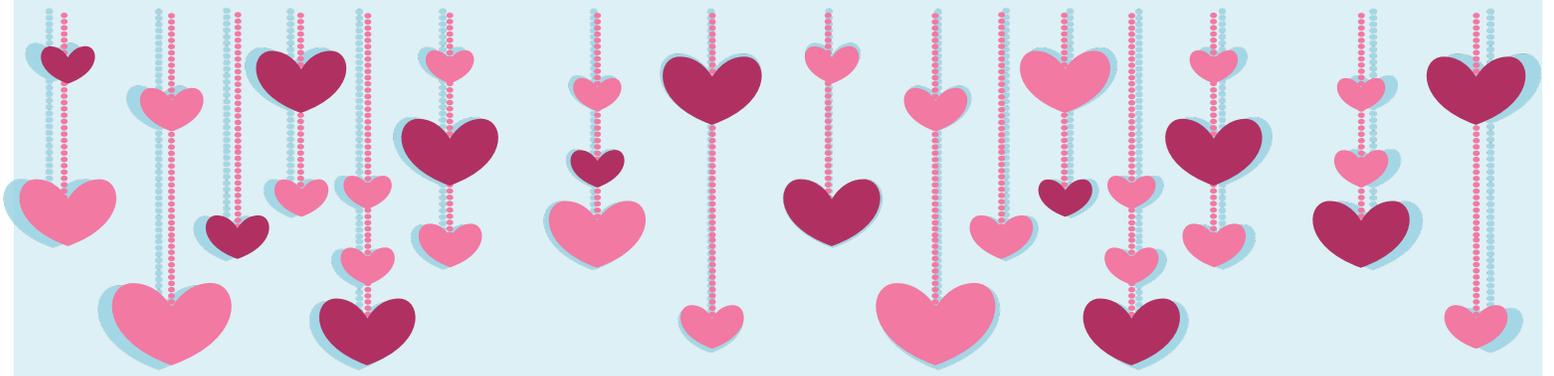
- 65 years or older or disabled
- Total gross income from **2023** (yes **2023**)
 - 1 person household \$33,562
 - 2-person household \$44,533
 - 3-person household \$55,500

Apply online: [Benefit Access](#)

OR

Call our office **815-226-4901**





***NIAAAS OFFICE WILL BE CLOSED ON
MONDAY, FEBRUARY 17th IN OBSERVANCE
OF THE HOLIDAY!***



***We will remain our normal business hours on Tuesday
February 18th at 8am***