

# NIAAAS SENIOR NEWSLETTER



well hello,  
**march**

1111 S. Alpine Rd, Suite 600  
Rockford, IL 61108

(815)-226-4901  
[Info@nwilaaa.org](mailto:Info@nwilaaa.org)



[www.nwilaaa.org](http://www.nwilaaa.org)

# *International Women's Day!*

Observed since the early 1900's, International Women's Day is a celebration of the social, economic, cultural, and political achievements of women.



## Famous *Women* of Rockford

- Michelle Williams a grammy award winner, rose to fame in the early 2000s as a member of girl group Destinys Child. Williams graduated from Auburn High School in 1997.
- Kathryn Layng best known as for her role as nurse Mary Margaret “Curly” in the comedy- drama show Doogie Howser, M.D.
- Julia Lathrop an American social reformer in education, social policy, and children’s welfare, was the first woman ever to be head a United States federal bureau.
- Jodi Benson an American actress and singer best known for the voice of Ariel in Disney’s *The Little Mermaid*, and many other Disney works.



## HAPPY ST. PATRICKS DAY!

Did you know the actual color of St. Patrick's is blue? Green became associated during the 19<sup>th</sup> century.



St. Patrick's Day is observed on March 17<sup>th</sup> because



that is the feast day of St. Patrick, the Patron Saint of Ireland. It is believed that he died on March 17<sup>th</sup> in the year 461 AD.



According to Lore, Patrick used the three leaves of a shamrock to explain the Christian holy trinity

90% of Americans celebrate

St. Patrick's Day



The very first

St. Patrick's Day parade was in Boston in 1737



Get ready to Spring Forward!

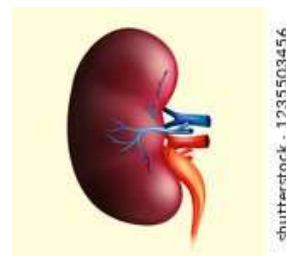


Daylight saving is **March 9<sup>th</sup>, 2025**



# March is National Kidney Month!

Did you know your kidney filters all your blood up to 25 times a day?



Kidney disease is often referred to as a “silent disease” because there are usually no symptoms in the early stages. The goal of National Kidney Month is to educate you about the subtle signs of kidney disease, encourage early detection.



## Learn about Kidney Health:

You can lose up to 60% of your kidney function before you notice any problems.



## Understand your risk for kidney disease:

If you have diabetes, high blood pressure, heart disease, a family history of kidney disease, or over the age of 65 talk with a health care professional.



## Embrace a kidney-healthy lifestyle:

Take steps to build healthy habits. Eating healthy foods, being active for at least 30 minutes a day, getting 7-8 hours of sleep at night.

Don't forget to file your *2024 Tax return!*



Now until April 10<sup>th</sup> AARP will be filing taxes at no cost.

NIAAA- Tuesday, Wednesday, & Thursday 9am- 2pm

Call and set up an appointment!

815-226-4901



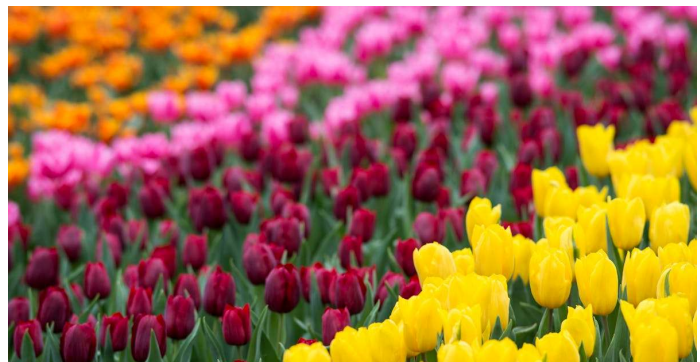


Goodbye Winter, Hello  
Spring!



### Fun facts about Spring:

- The first day of spring is called the vernal equinox, which occurs on March 20<sup>th</sup> or 21<sup>st</sup>.
- The term vernal is latin for “spring” and equinox is latin for “equal night”
- The word “spring” comes from the old english word “springan” meaning “to leap” or “to jump up”
- Spring is the time most people do “spring cleaning” to get rid of their unused things around the house
- The first spring flowers are typically lilacs, irises, lilies, tulips, daffodils, and dandelions
- Holidays that occur in spring include Easter, Passover, April Fool’s Day, Earth Day, Arbor Day, Mother’s Day, Father’s Day, Cinco De Mayo, and Holi (festival of colors in India)
- During the spring, birds are more vocal as they sing to attract mates and warn away rivals



## Public Hearing Notice

NIAAA is conducting two (2) Public Hearings on the proposed 2026 Area Plan. Older adults, caregivers, grandparents and other relatives raising grandchildren, aging service providers, public officials and other interested individuals are invited to attend and have an opportunity to comment on NIAAA's proposed 2026 Area Plan of programs and budget.



The public hearings will be conducted via ZOOM and in-person at NAAA's office at 1111 S. Alpine Road, Suite 600, Rockford, IL. 61108

The hearing times are as follows:

**March 4, 2025 at 10:00 a.m.**

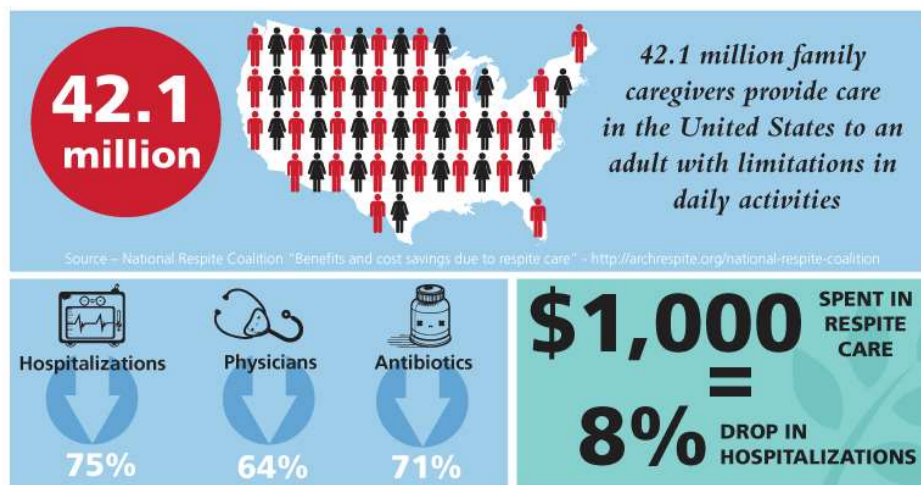
**March 5, 2025 at 1:00 p.m.**

You may join either meeting by contacting our office via email at [jbarnes@nwilaaa.org](mailto:jbarnes@nwilaaa.org) and requesting the link(s).

# Respite Care Program



Respite care is a supportive service intended to provide short- term, temporary relief to the primary caregiver of an individual.



## How to apply?

**Recipient must be 60 years of age or older + Frail**

Call our office to set up an appointment – [815-226-4901](tel:815-226-4901)



## Brain Injury Awareness Month



Injuries on the **left side** of the brain can cause:

- Difficulty understanding spoken & written language
- Difficulty expressing spoken & written language
- Change in speech
- Verbal memory issues
- Impaired logic
- Sequencing difficulties



Injuries on the **right side** of the brain can cause:

- Impairments in attention
- Left neglect
- Memory issues
- Decreased awareness of deficits
- Loss of “big picture” thinking
- Altered creative or music perception



## ST. PATRICKS DAY PARADE

March 15<sup>th</sup>, 2025, at 3:00pm

The parade will start at RPS 205 District Building at 501 7th St. It will continue west down State St and end at Water St.



## St. Patrick's Day events in Rockford

- St Patty's Trivia & Painting: 312 N Alpine Rd, Rockford 61107

Get ready to test your luck and your knowledge this St. Patrick's Day season! Join us at The Pottery Lounge on **March 14th** from **6:30 PM to 8:30 PM** for a fun-filled night of St. Patty's Day-themed trivia.

Put your green gear on, gather your friends, and get ready to answer questions about everything from Irish history to pop culture with a shamrock twist! Whether you're a trivia master or just here for fun, there will be plenty of opportunities to win prizes, enjoy some great company, and paint a one-of-a-kind pottery piece. In between rounds, you'll have time to paint so you'll have a piece of the night to remember long after the trivia ends.

Tickets are \$10 and while that covers light snacks and refreshments, pottery purchases will be separate. Tickets are non-refundable. Limited tickets available!

- The Hope & Anchor St. Patty's Day Comedy Night: 551 McKinley Ave loves park 61111

Saturday, March 15th, 2025

\$10 Cover

Show starts at 8pm

Make sure to Call the Hope & Anchor (815-633-2552) during normal business hours to get a Reservation of a Table. The Show Cover will be added to your Table Check for the Night.

### Comics for the Night:

Host: Alecia Altstaetter

Guest Feature: Kevin Haas

Main Feature: Cody Heck

Headliner: Mike Marvell

- St. Patrick's Sunday Concert on the Creek: 4500 Spring Creek Rd Rockford 61114

**Sunday March 16<sup>th</sup>, 2025, 3pm-5pm**

Continuing an annual tradition, the Concerts on The Creek series is partnering with The Irish Marching Society <https://www.facebook.com/irishmarchingsociety/> to create two glorious hours of inspiration and fun featuring seasonal songs in the Celtic tradition; some surprises too.



# St. Patrick's Day *Specials!*

Craving a good Irish meal this ST. Patrick's Day? Check out these local restaurants in the area, serving up everything from corned beef and cabbage, green beer, tacos and more!

## **Olympic Tavern**

2327 N Main St, Rockford  
61103

815-962-8758

## **8<sup>th</sup> Ward Pub**

3905 Broadway, Rockford  
61108

815-708-6523

## **Mulligans Pub & Grill**

2212 N Main St.  
Rockford 61103

815-963-7869

## **Aero Ale House**

6164 E Riverside Blvd,  
Loves Park 61111

815-977-5602

## **Murphys Pub & Grill**

510 S Perryville Rd.  
Rockford 61108

815-986-0950

## **Garretts Restaurant & Bar**

1631 N Bell School Rd,  
Rockford 61107

815-484-9473

## **Ernies Midtown Pub**

1025 5<sup>th</sup> Ave Rockford  
61104

815-9774365

## **Rural on Tap**

1710 Rural St. Rockford  
61107

815-977-5411

## **Tower Kitchen & Bar**

416 S Main St. Rockford  
61101

815-668-7878



# **NIAAA SENIOR POP-UP FAIR**



**FRIDAY  
APRIL 11  
9AM-12 NOON**

**NORTHWEST COMMUNITY CENTER  
1325 N. JOHNSTON AVE.  
ROCKFORD**

