



# NIAAAS SENIOR NEWSLETTER

Northwestern Illinois Area Agency on Aging

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Rockford, IL 61108

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



# EVENTS

Join NIAAA for our senior pop-up fair Friday, April 11<sup>th</sup>



The poster features a light blue background with several decorative elements: a red starburst in the top right, a yellow starburst on the left, and a large red and white halftone megaphone in the center. A large, dark blue starburst with a red outline and white dots contains the event date and time. The text is in bold, sans-serif fonts.

**NIAAA**

**SENIOR POP-UP FAIR**

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

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







# COMMUNITY BINGO



FIRST TUESDAY OF EVERY MONTH

AT GRAND VICTORIAN OF ROCKFORD

3495 MCFARLAND RD.  
STARTS AT 2PM  
PRIZES AND REFRESHMENTS  
65+ REQUIRED

RSVP TODAY  
Call Cassandra or Kyle at  
(815)654-1400





## Close Relationships & Caregiving Study

# Are you or your partner caring for an aging loved one?

We are conducting a survey-based study on couples in which one partner is the primary caregiver for an aging parent or in-law. Couples do not need to be married to participate.

**Duration:** ~30 minutes  
**Payment:** \$25 per couple  
(both partners must complete survey)

**Please contact us to find out if you're eligible!**

**(980) 425-3954**

[canevellolab@charlotte.edu](mailto:canevellolab@charlotte.edu)





# St. E's Soup Kitchen

**EVERY TUESDAY  
THROUGH  
MAY 27TH**

**11 AM - 12:15 PM**

St. Elizabeth Center  
1505 S. Main Street  
Rockford, IL 61102







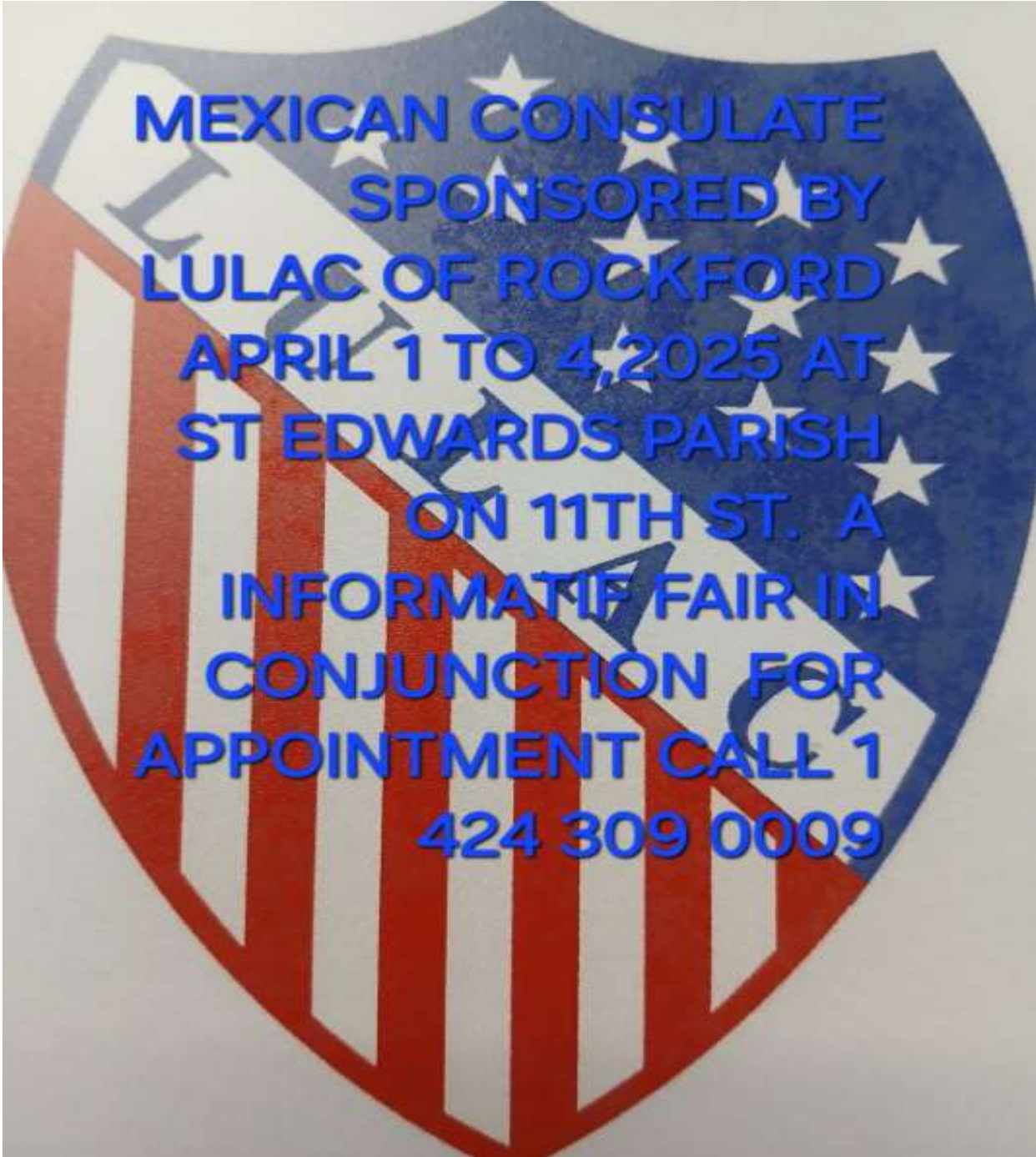
**What should everyone know about Parkinson's disease?**

- 1. Nearly 90,000 people in the US are diagnosed with Parkinsons each year.**
- 2. Scientists believe a combination of environmental and genetic factors cause PD.**
- 3. People with Parkinsons experience both movement and non-movement related symptoms.**
- 4. Symptoms can be managed through treatments like medications, lifestyle changes, exercise and in some cases, surgery.**
- 5. Early-onset Parkinsons disease occurs in people younger than 50 years of age.**

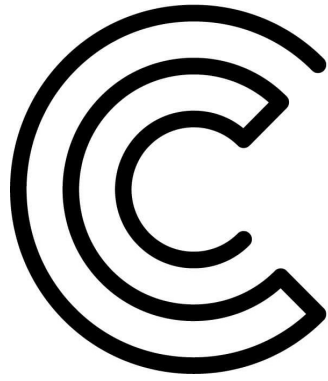
**10 early signs of PD:**

- 1. Tremors, often in the hands or fingers**
- 2. Small handwriting**
- 3. Loss of smell**
- 4. Trouble sleeping**
- 5. Trouble moving or walking including stiffness and balance problems**
- 6. Constipation**
- 7. A soft or low voice**
- 8. Facial masking, meaning a reduction of facial expressions**
- 9. Dizziness or fainting**
- 10. Stooping or hunching over**

*Upcoming*  
**COMMUNITY  
EVENTS**



**MEXICAN CONSULATE  
SPONSORED BY  
LULAC OF ROCKFORD  
APRIL 1 TO 4, 2025 AT  
ST EDWARDS PARISH  
ON 11TH ST. A  
INFORMATIVE FAIR IN  
CONJUNCTION FOR  
APPOINTMENT CALL 1  
424 309 0009**



**CARS<sup>™</sup>**  
**& COFFEE**

April 5<sup>th</sup>, 2025,  
9am-noon

Cars & Coffee  
-Rockford is held on the  
[first Saturday of the month](#)  
in the  
RPS205  
Administrative  
building  
parking lots  
and on  
Seventh  
Street from  
[9am-noon.](#)

We feature  
different car  
groups each  
month and  
anyone can

register to participate. It is free to participate and free to spectate the monthly car show runs from April through October. We gather across from [Katie's Cup at 502 Seventh Street - Rockford, IL 61104.](#) This is the largest car show in downtown Rockford and continues to grow.





Wishing  
you  
a  
Happy Easter





Reduce, the waste your produce

Reuse, products and containers

Recycle, your waste

**APRIL 22**



HAPPY  
**EARTH**  
DAY

## Lee County Council on Aging Events this Month

### April 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1	1	2	3	4
	9- Noon Pool Tables 9-3 AARP Taxes 10am Food Pantry noon lunch 1pm Tech Comer 4pm OSF Meals	11am Work out Wednesday Noon Lunch 1pm Chair Yoga 1-3 Pool Table 2pm Farkle	9- Noon Pool Table Noon Lunch 1pm Chair Yoga 1 pm Crafters 4pm OSF Meals	10am Exercise 11 Family Feud 11:45 Lunch 12:15 Euchre 1pm Mexican train
7	8	9	10	11
10 Blood Pressures 10am Exercise 11am Chair yoga Noon Lunch 1pm Rummikub	9am Pool Tables 9-3 AARP Taxes 10am Food Pantry Noon Lunch 4pm OSF Meal	9 Board Games Noon Lunch 1pm Chair Yoga 1-3 Pool Table	9- Noon Pool Table Noon Lunch 1pm Chair Yoga 1 pm Crafters 4pm OSF Meals	10am FREE Brkfst 10:30 Bingo 11:45 Lunch 12:15 Euchre 1pm Mexican train Dominos
14	15	16	17	18
10am Exercise 11am Chair yoga Noon Lunch 1pm Rummikub	9- Noon Pool Tables 10 Blood Pressure 10am Food Pantry noon lunch 4pm OSF Meals	9am Coffee w/ Mayor 11 Line Dance noon Lunch 1pm Chair Yoga 1-3 Pool Table 2pm Farkle	9- Noon Pool Table Noon Lunch 1pm Chair Yoga 1 pm Crafters 4pm OSF Meals	9am Breakfast Club 10am Exercise 11 Wheel of Fortune 11:45 Lunch 12:15 Euchure 1pm Mexican train
21	22	23	24	25
10am Exercise 11am Chair yoga Noon Lunch 1pm Rummikub 1pm Writers Group	9- Noon Pool Tables 10am Food Pantry noon lunch 1pm Farkle 4pm OSF Meals	noon Lunch 1pm Chair Yoga 1-3 Pool Table 2pm Farkle	9- Noon Pool Table Noon Lunch 1pm Chair Yoga 1 pm Crafters 2pm Spring Celebration 4pm OSF Meals	10am Exercise 11am Price is Right 11:45 Lunch 12:15 Euchure 12:30 Birthday Cake 1pm Mexican train 6pm Open Mic
28	29	30		
10am Exercise 11am Chair yoga Noon Lunch 1pm Rummikub	9- Noon Pool Tables 10am Food Pantry noon lunch 1pm Farkle 4pm OSF Meals	noon Lunch 1pm Chair Yoga 1-3 Pool Table 2pm Farkle		



# Meals on Wheels Menu

## SENIOR APRIL 2025

# iFESCAPE

SERVING SENIORS		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LEE		8 oz Low Fat Milk served w/ all lunches.	1	2	3	4
COUNTIES			BRQ CHIX BREAST CHEESY POTATOES SEAS. GR. EN BEANS W/GR DINNER ROLL W/ BUTTER	SALISBURY STEAK BRUSSEL SPROUTS MASHED POT/ GRAVY APRICOTS	MEATBALLS SWEET & SOUR SAUCE BLENDED VEGGIES RICE / DICED PEAS W/GR DINNER ROLL W/ BUTTER	A) TUNA NOODLE CASS BROCCOLI & CARROTS PINEAPPLE TIDBITS W/GR DINNER ROLL B) CHIX SALAD/ TOMATO
MENU IS SUBJECT TO CHANGE WITHOUT NOTICE		7	8	9	10	11
To make a reservation in Dixon 815-288-9236		BAKED CHIX BREAST MASHED POTATO/ GRAVY STEAMED PEAS APPLESAUCE W/GR DINNER ROLL	BROWN GRAVY MEATLOAF CALIF BLEND VEG CHEESY POTATOES DICED PEARS W/GR WHEAT BREAD	BAKED PORK CHOP PORK GRAVY / GREEN BEANS MASHED POTATOES CHERRY CRISP W/GR DINNER ROLL W/ BUTTER	ITALIAN SAUSAGE ITALIAN BLEND VEGGIES PEPPERS & ONIONS SEAS. POTATO WEDGES APRICOTS / W/GR WHEAT HOT DOG BUN	A) CRISPY FISH SAND HASHBROWNS PEAS DICED PEACHES WHEAT BUN B) TURKEY/ MINESTRONE
RESERVATIONS & CANCELLATIONS CALL BY 10:45 AM THE DAY BEFORE		14	15	16	17	18
		SALISBURY STEAK BLENDED VEGGIES MASHED POT/ GRAVY MANDARIN ORANGES DINNER ROLL	FILIPPO RICE SWEET & SOUR CHICKEN CALIF BLEND APRICOT	MEATBALLS SUB SEASONED POT W/ EDGE PEAS & CARROTS DICED PEACHES W/GR ROLL	A) PULLED PORK BROCCOLI CHEESY MASHED POT FRUIT COCKTAIL W/GR WHEAT BUN B) TUNA SALAD/ CHIX RICE	HOT HAM & CHEESE BAKED BEANS TATOR TOTS CHILLED APPLESAUCE W/GR WHEAT BUN
		21	22	23	24	25
		B.B.Q. RIBLETTE AUG POTATOES CALIF BLEND DICED PEAS W/GR WHEAT BUN	CREAMY CHICKEN PASTA CARROTS STEAMED PEAS PINEAPPLE	CHEESEBURGER PATTY BAKED BEANS TATOR TOTS FRUIT COCKTAIL W/GR WHEAT BUN	A) LEMON PEPPER CHIX WHITE RICE BROCCOLI APPLESAUCE FRUIT COCKTAIL W/GR DINNER ROLL B) HAM/ VEG	TILAPIA / GARLIC BUTTER CALIF BLEND VEGGIES WILD RICE FRUIT COCKTAIL W/GR DINNER ROLL
		28	29	30		
THERE ARE NO SUBSTITUTIONS		RABY HERB CHIX BRST GREEN BEANS MASHED POT/ GRAVY MIXED CITRUS CUP W/GR DINNER ROLL	BAKED ZITINI MEATSAUCE GR OUND BEEF ITALIAN BLEND VEGGIES HOT APPLESAUCE W/GR GARLIC BREAD	A) MEATLOAF BROWN GRAVY GLAZED CARROTS MASHED POTATOES APRICOTS / DINNER ROLL B) LIVER & ONIONS		

# April Is **STRESS** AWARENESS MONTH



## STRESS CAN INDUCE

- Immune hypersensitivity.
- A harmful cascade of hormone production.
- Immune system illness.
- Heart disease.
- Respiratory illness.
- Diabetes and other metabolic disorders.

## STRESS PERCEPTIONS CAN AFFECT PHYSICAL HEALTH

- A stressed individual may perceive that the demands of a stressful situation surpass their own resources.
- Poorly handled or disregarded feelings of inadequacy and hopelessness that accumulate over time can trigger dysfunctional stress responses.
- Cumulative biological changes within a life span can help determine the likelihood of chronic illness.

## STRESS CAN BE INHIBITIVE

- It disrupts sleep.
- It aggravates pre-existing conditions.
- It can cause new illness.
- It greatly increases the risk of death.

## DEALING WITH STRESS PERCEPTIONS

- Maintain a positive attitude.
- Never anticipate bad news.
- Take an inventory of your thoughts.
- Plan for change during the good times.
- Learn how others were successful in similar stress situations.



# Better Balance & Strength

for Older Adults

Led by experienced physical therapists, this class will guide you through gentle exercises to enhance mobility, prevent falls, and keep you moving toward better health.



1-1:45 PM



Tuesdays, April 8 - May 13



Senior Resource Center  
Activity Room




\$42 for 6-week class



Bring a towel and water bottle, and wear comfortable clothing. Limited spots available, so reserve your place today.

Contact us for more  
information:

 1-815-235-9777





# Secret Life of Butterflies

Enjoy a round trip excursion to Nicholas Conservatory & Gardens in Rockford to enjoy the conservatory and its temporary butterfly exhibit. Get an up-close look at these amazing insects in the butterfly house as you're surrounded by native and exotic butterflies. You can even feed them!

## Details

- Date: Tues., April 29
- Time: 1-4:30 pm
- Cost: \$15/person

Learn more about the exhibit at [nicholasconservatory.com/butterflies](http://nicholasconservatory.com/butterflies)

**Payment required to reserve spot. Cash or check.  
Call 815-235-9777 for questions.**





# DEMENTIA CAREGIVER STRESS-BUSTING PROGRAM

## 9-Week Stress Management Evidence-Based Program

**Week 1: Getting Started**

**Week 2: Stress: Effects on Mind,  
Body and Spirit**

**Week 3: Caregiver Stress and  
Relaxation**

**Week 4: Challenging Behaviors of  
People with Dementia**

**Week 5: Grief, Loss and Depression**

**Week 6: Coping with Stress**

**Week 7: Positive Thinking**

**Week 8: Taking Care of Yourself**

**Week 9: Choosing a Path of  
Wellness**



The Stress-Busting Program (SBP) for Family Caregivers™ is an evidence-based program that provides support to family caregivers of persons with dementia. It is proven to improve the quality of life of family caregivers who are providing care to an older loved one and help caregivers manage their stress and cope better with their lives.

During the Stress-Busting Program for Family Caregivers™, caregivers will:

- Learn about stress and its effects
- Practice stress management techniques
- Develop problem solving skills

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**Wednesdays for 9 Weeks**

**April 16th– June 11th**

**10:00 AM–11:30 AM**

**Senior Resource Center**

**206 E. Stephenson St.**

**Freeport, IL 61032**

**Call 815-235-9777 to register  
Limited to the first 10 participants**

**This FREE program provides gifts  
each week to help with stress  
management**



**Senior  
Resource  
Center**