

# *NIAAA'S SENIOR NEWSLETTER*

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DAVISS, LEE, OGLE, STEPHENSON,  
WHITESIDE, WINNEBAGO*



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# Let's Walk!

**Free walking program for beginners of all abilities and fitness levels!**

Join us for a refreshing stroll and discover the countless benefits of walking for adults of all ages.

Whether aiming to boost cardiovascular fitness, strengthen muscles and bones, or manage your weight, walking offers a simple yet effective solution. Plus, it's an accessible form of exercise that can easily fit into your daily routine.



<https://go.illinois.edu/LetsWalkSpring2025>

**Mondays & Fridays**

**April 28-June 20**

**5:00p.m. @**

**Prairie Fields**

**1111 Fairgrounds Rd**

**Belvidere**

**Meet at the playground**



**Illinois Extension**

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

COLLEGE OF AGRICULTURAL, CONSUMER AND ENVIRONMENTAL SCIENCES  
University of Illinois|U.S. Department of Agriculture|Local Extension Councils Cooperating  
University of Illinois Extension provides equal opportunities in programs and employment.  
If you need a reasonable accommodation to attend, call the registration office at 815-544-3710  
Early requests are strongly encouraged to allow sufficient time to meet your needs.





It's Farmers Market Season!



Edgebrook  
FARMERS  
MARKET

1939 N ALPINE RD, ROCKFORD IL 61107, WEEKLY ON  
WEDNESDAYS MAY 7TH-OCTOBER 29<sup>TH</sup>, 9AM TO 1PM

**NORTH END  
CITY MARKET**

INTERSECTION OF NORTH MAIN & AUBURN  
STREET, RUNS EVERY SATURDAY FROM MAY 3<sup>RD</sup>-  
OCTOBER 11<sup>TH</sup> FROM 8:30AM-12:30PM



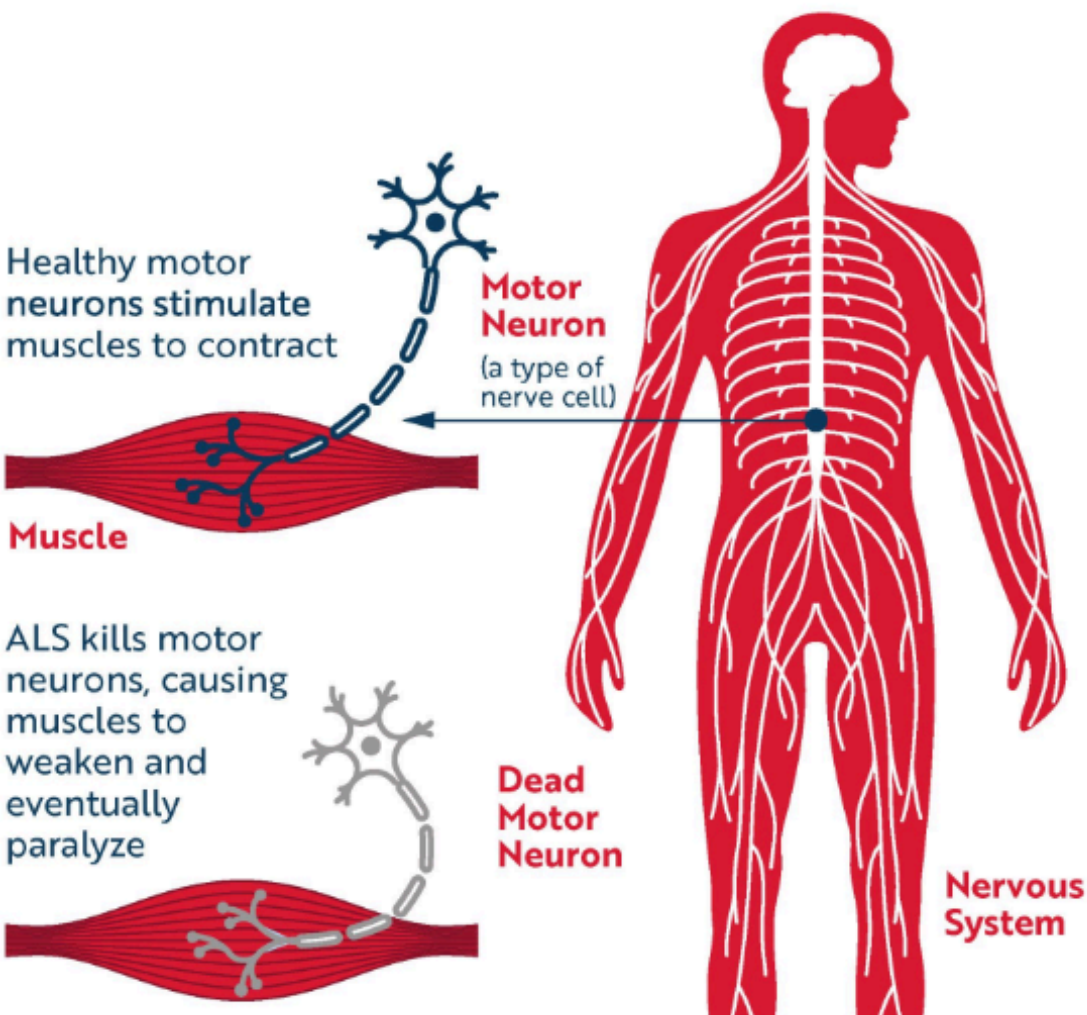
EVERY SATURDAY FROM 8AM-1PM MAY 3, 2025 THROUGH  
OCTOBER 25, 2025. THE FARMERS MARKET IS LOCATED IN  
THE NEWEST CITY LOT BEHIND THE POST OFFICE WITH AN  
ENTRANCE OFF MAIN ST ACROSS THE STREET FROM  
ROCKY'S.



# MAY IS **ALS** AWARENESS MONTH

## What is ALS?

ALS is a progressive disease in which a person's brain loses connection with the muscles, slowly taking away their ability to **walk, talk, eat and eventually breathe**



There is no cure, but there is

# HOPE





# NATIONAL HIGH BLOOD PRESSURE EDUCATION MONTH

## ***Systolic Blood Pressure***

- Measurement of the force of blood flow when the heart contracts

→ = **120/80**

measured in units mm Hg

## ***Diastolic Blood Pressure***

- Measurement of the force of blood flow when the heart relaxes

## **Reading Blood Pressure**

Low Risk: 120/80

Medium Risk: 121-  
134/81-84

High Risk: 135+/85+



*you are a*  
**MENTAL  
HEALTH  
WARRIOR**



MENTAL HEALTH IS JUST AS IMPORTANT AS PHYSICAL HEALTH. IT AFFECTS HOW WE THINK, FEEL, AND ACT. TAKING CARE OF OUR MENTAL HEALTH IS ESSENTIAL FOR OVERALL WELL-BEING. HERE ARE SOME PRACTICAL TIPS TO HELP YOU MAINTAIN GOOD MENTAL HEALTH.

CONNECT WITH OTHERS. HAVING A SUPPORT SYSTEM IS CRUCIAL FOR GOOD MENTAL HEALTH. REACH OUT TO FRIENDS, FAMILY, OR A MENTAL HEALTH PROFESSIONAL IF YOU NEED TO TALK OR RECEIVE GUIDANCE.

PRACTICE SELF-CARE. TAKE TIME TO DO THINGS THAT YOU ENJOY, SUCH AS READING A BOOK, TAKING A WALK, OR HAVING A RELAXING BATH. PRIORITIZING SELF-CARE CAN HELP REDUCE STRESS AND IMPROVE MOOD.



# Happy Mother's Day

## DID YOU KNOW?

MOTHERS DAY WAS FIRST CELEBRATED IN 1907, WHEN ANNA JARVIS HELD THE FIRST MOTHERS DAY SERVICE. HER CAMPAIGN TO MAKE MOTHERS DAY A RECOGNIZED HOLIDAY IN THE UNITED STATES BEGAN IN 1905, THE YEAR HER MOTHER ANN REEVES JARVIS PASSED AWAY.





HAPPY  
★  
**MEMORIAL DAY**  
★★★  
REMEMBER & HONOR

**THE MEMORIAL DAY PARADE IS MONDAY MAY 26H 2025 AT 9:00 AM. ALL PARADE UNITS WILL LINE UP NEAR THE INTERSECTION OF 7TH ST. AND 6TH AVE. THE PARADE WILL PROCEED AT 9:00 AM NORTH ON 7TH ST. TO CHARLES ST., CHARLES ST. TO STATE ST. UNITS WILL THEN TRAVEL WEST ON STATE ST. AND TURN NORTH ON WYMAN ST. AND THEN PROCEED NORTH TO BEATTIE PARK WHERE THE PARADE WILL END. UNIT REVIEW AND COMMENTARY WILL BE AT THE ARMISTICE PEACE MEMORIAL ON THE EAST SIDE OF VETERANS MEMORIAL HALL.**



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**WE WILL BE  
CLOSED**



**FOR** ★ ★ ★  
★ ★ ★

**MEMORIAL  
DAY**

**REMEMBER AND HONOR**

**MONDAY MAY 26<sup>TH</sup>, 2025. WE WILL RETURN TO NORMAL  
BUSINESS HOURS TUESDAY MAY 27<sup>TH</sup>, 2025**



# FOOD TRUCK TUESDAY IS BACK!

MAY 6<sup>TH</sup> THROUGH AUGUST 26<sup>TH</sup>

RECURRING WEEKLY ON TUESDAY,  
1354 N 2<sup>ND</sup> ST. ROCKFORD, IL 61107



ENJOY TASTY EATS FROM AS MANY AS 15 LOCAL FOOD TRUCKS EACH WEEK, WHILE SOAKING IN THE BEAUTY OF THE GARDENS! TROLLEY RIDES RUN THROUGHOUT THE NIGHT TO HELP PEOPLE ENJOY THE RIVERFRONT AND GET AROUND THE CAMPUS. EVENTS ARE WEATHER PERMITTING.





## CINCO DE MAYO JEEPS AND TACOS

DON CARTER LANES

MAY 4TH, FROM 2PM-7PM

4007 E STATE ST #2075, ROCKFORD IL 61108

LIVE MUSIC,  
FOOD TRUCKS  
50+ VENDORS

JEEPS AND BRONCOS

HOTTEST TORTA AHOGADA EATING CHALLENGE BY JALISCOAST  
RAYO

!!WELCOMING ALL JEEPS & BRONCOS CLUBS!!

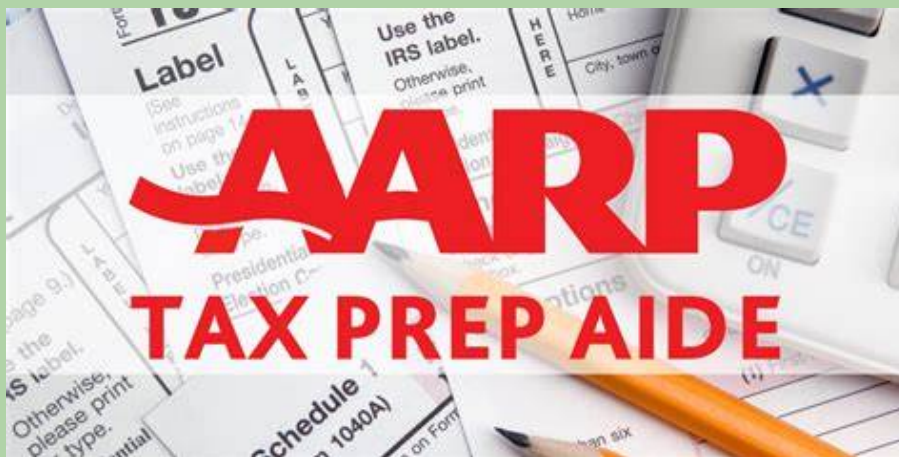


# Thank you, volunteers!

YOU ARE A GIFT TO THE  
COMMUNITY

THANK YOU TO ALL AARP MEMEBERS FOR ALL THEIR HARD WORK  
THIS TAX SEASON!

SEE YOU NEXT YEAR! 😊







GET READY TO GROOVE UNDER THE SUMMER SKY AT ALCHEMY AT ALDEEN'S LIVE MUSIC SUMMER CONCERT SERIES IN ROCKFORD, IL! JOIN US FOR UNFORGETTABLE EVENINGS FILLED WITH SOULFUL MELODIES, ELECTRIC BEATS, AND TOE-TAPPING RHYTHMS AGAINST THE BACKDROP OF ALDEEN GOLF CLUB'S PICTURESQUE LANDSCAPES.

FROM VIBRANT JAZZ TUNES TO CLASSIC ROCK ANTHEMS AND EVERYTHING IN BETWEEN, OUR LINEUP PROMISES SOMETHING FOR EVERY MUSIC AFICIONADO. WHETHER YOU'RE A DEDICATED FAN OR SIMPLY LOOKING TO UNWIND WITH FRIENDS AND FAMILY, OUR OUTDOOR CONCERTS OFFER THE PERFECT SETTING TO SOAK IN THE SOUNDS OF SUMMER.

SAVOR DELICIOUS BITES AND REFRESHING DRINKS FROM OUR ONSITE VENDORS AS YOU MINGLE WITH FELLOW MUSIC LOVERS AND DANCE THE NIGHT AWAY.

MARK YOUR CALENDARS AND JOIN US FOR AN UNFORGETTABLE SUMMER OF MUSIC, LAUGHTER, AND MEMORIES AT ALCHEMY AT ALDEEN'S LIVE MUSIC SUMMER CONCERT SERIES. DELICIOUS FOOD AND WINE SPECIALS WILL BE MADE AVAILABLE. CALL AHEAD TO MAKE RESERVATIONS. SEE YOU THERE!

LIVE MUSIC AT  
ALCHEMY

RECURRING WEEKLY ON  
WEDNESDAY

ALCHEMY AT ALDEEN  
1902 REID FARM ROAD  
ROCKFORD IL 61107

MUSIC SCHEDULE  
FOR MAY:

MAY 14<sup>TH</sup> - MILES  
NIELSEN & THE  
RUSTED HEARTS

MAY 21<sup>ST</sup> - BLUE STEELE

MAY 28<sup>TH</sup> - STEVEE NIX  
BAND



# BENEFIT ACCESS PROGRAM

APPLY at [ilaging.illinois.gov](http://ilaging.illinois.gov)



The Benefit Access Program offers two benefits for seniors and persons with disabilities:

- A LICENSE PLATE FEE DISCOUNT
- FREE RIDES ON FIXED-ROUTE TRANSIT SYSTEMS

*Eligibility is determined by income, residency, age and/or disability utilizing an online application.*

## QUALIFICATIONS:

### Age Requirements:

- 65 years of age or older before January 1 of the current year; or
- You must become 65 years of age this year; or
- You must be 16 years of age or older before January 1 of the current year and qualify as disabled.

### Residency Requirements:

- You must live in Illinois at the time you file your application.

### Income Requirements:

Your total gross income for the last closed tax year must be less than

- \$33,562 for a 1 person household (yourself only); or
- \$44,533 for a 2 person household (yourself and your spouse, or yourself and one Qualified Additional Resident); or
- \$55,500 for a 3 person household (yourself, your spouse and one Qualified Additional Resident, or yourself and two Qualified Additional Residents).

**NOTE:** You must include your spouse's income if married and living together on December 31 of last year. If your spouse died last year, you would file as single and claim only your income. Do NOT include the income of a Qualified Additional Resident.

### Disability Requirements:

To qualify as disabled, you must be at least 16 years of age prior to January 1 of the current year and be determined **totally and permanently disabled** (as defined by program requirements) prior to January 1 of the current year.

**APPLY at** [ilaging.illinois.gov](http://ilaging.illinois.gov)





NATIONAL  
**MOBILITY**  
AWARENESS MONTH  
MAY



MOBILITY AWARENESS MONTH BRINGS AWARENESS TO THE CHALLENGES PEOPLE WITH MOBILITY-LIMITING PHYSICAL DISABILITIES EXPERIENCE DAILY. WITH 18,000 NEW SPINAL CORD INJURIES (A LEADING CAUSE OF MOBILITY ISSUES) OCCURRING EACH YEAR IN THE US AND MOBILITY CHALLENGES BEING THE MOST COMMON DISABILITY AMONG OLDER AMERICANS, THE MONTH EMPHASIZES THE CRITICAL ROLE THAT MOBILITY EQUIPMENT SUCH AS WHEELCHAIR-ACCESSIBLE VEHICLES, SCOOTERS, AND ADAPTIVE DRIVING TOOLS PLAY IN FOSTERING INDEPENDENCE.

18 MILLION PEOPLE IN THE U.S LIVE WITH MOBILITY ISSUES. ACCESSIBLE MOBILITY OPTIONS ARE CRUCIAL FOR ENABLING INDEPENDENCE, EMPLOYMENT, AND QUALITY OF LIFE. MOBILITY AWARENESS MONTH ADVOCATES FOR INCREASED AWARENESS, SUPPORT, AND ADVANCEMENTS IN MOBILITY TECHNOLOGY



# OLDER AMERICANS MONTH

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**FLIP THE SCRIPT ON AGING: MAY 2025**

## **Older Americans Month 2025**



Every May, the Administration for Community Living (ACL) leads the nation's observance of Older Americans Month (OAM), a time to recognize older Americans' contributions, highlight aging trends, and reaffirm our commitment to serving older adults.

The 2025 theme, Flip the Script on Aging, focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions. This year, join us in honoring older adults' contributions, exploring the many opportunities for staying active and engaged as we age, and highlighting the opportunities for purpose, exploration, and connection that come with aging.

On this site, find materials to help you celebrate, including this year's logo, poster, social media graphics, and activity ideas. Use #OlderAmericansMonth on social media to share your thoughts and activities and see what others are doing!

# NICAA GOLDEN MEALS

## MAY 2025

			5/1	5/2
2% Milk served with all lunches	MENU SUBJECT TO CHANGE WITHOUT NOTICE		Ground Turkey Casserole W Rice & Green Beans Applesauce Bread & Margarine	Baked Fish W/Lemon Roasted Sweet Potatoes Peaches Bread & Margarine
5/5	5/6	5/7	5/8	5/9
Grilled Chicken Breast Roasted Vegetables Rice Pilaf Bread & Margarine	Turkey Meatballs ( W/ Marinara Sauce) Whole Wheat Pasta Spinach	Hamburgers Baked Beans Potato Wedges Bun	Ground Beef Shepherds Pie Mashed Potatoes Peaches Bread & Margarine	Beef Vegetable Stir-Fry Brown Rice Mixed Fruit Bread & Margarine
5/12	5/13	5/14	5/15	5/16
Baked Chicken Legs Seasoned Carrots Mashed Potatoes Bread & Margarine	Tuna Noodle Casserole Seasoned Peas Pineapple Bread & Margarine	Salisbury Steak Spinach Mashed Potatoes Bread & Margarine	Beef Stew ( Veggies in Stew) Peaches Cornbread	Baked Fish Cheesy Potato Casserole Broccoli Bread & Margarine
5/19	5/20	5/21	5/22	5/23
Ground Beef Sweet Potato Casserole Green Bean Bread & Margarine	Chicken Primavera Diced Carrots Applesauce Bread & Margarine	Italian Sausage Italian Vegetables Seasoned Potato Wedges Bun	Baked Chicken Garlic Mashed Potatoes Steamed Peas Bread & Margarine	Baked Pork Chop Cheesy Potatoes Broccoli Bread & Margarine
5/26	5/27	5/28	5/29	5/30
	Baked Fish W/Lemon Roasted Sweet Potatoes Peaches Bread & Margarine	Baked Pork Loin Carrots & Peas Quinoa Bread & Margarine	Ground Turkey Casserole W/ Rice & Green Beans Applesauce Bread & Margarine	Meatloaf Mashed Potatoes Steamed Broccoli Bread & Margarine



# Let Our Family Help Yours.

If you or a loved one has dementia or other cognitive or functional impairments, you want the best care possible.

## Lifescape Community Services' Adult Day Program is Here to Help!

- **Caring Staff** including a Program Director, Site Manager & Admissions Coordinator, Licensed Nurse, and Program Assistants
- A **SAFE** place for program participants
- **Respite time** for caregivers
- **Nutritious meals**; breakfast, lunch and a snack
- Options for **Transportation**
- Social opportunity & structured stimulating activity, including exercise, games, crafts, parties, puzzles, and holiday celebrations

## You're Invited to Drop-in and Learn More!

(Choose the day and anytime within these hours that works the best for you!)

**Tuesday, April 29**

**11:30 am - 1:30 pm**

**Wednesday, April 30**

**4:00 pm - 6:00 pm**

**Thursday, May 1**

**7:00 am - 9:00 am**



**LIFESCAPE**  
**ADULT DAY PROGRAM**

1330 S. Alpine Rd. - Rockford | 815.964.2433

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



## INTERMITTENT FASTING

A new study recently came out in the *Annals of Internal Medicine* showing that intermittent fasting is a better way than traditional calorie restriction for weight loss. Here is what you need to know about intermittent fasting:

### What is Intermittent Fasting?

Most people eat multiple meals a day. Intermittent fasting is when you switch between periods of eating and not eating (fasting). Fasting is like giving your body a break from food for a period of time.

### How Does It Work?

Here are a few common methods:

1. **16/8 Method:** You fast for 16 hours and eat during an 8-hour window. For example, you might eat between 12 p.m. and 8 p.m. and fast from 8 PM until 12 PM the next day. You will want to pick an 8-hour timeframe that works best with your daily schedule.
2. **5:2 Method:** You eat normally for 5 days of the week and eat very little (about 500-600 calories) on the other 2 days.
3. **Eat-Stop-Eat:** You fast for 24 hours once or twice a week. For example, you might eat dinner at 7 PM and then not eat again until 7 PM the next day.

It is important to know that the study referenced above used the 4:3 Method. You eat normally for 4 days of the week and eat very little on 3 days that are not in a row.

### Why Try Intermittent Fasting?

- Fasting can help lower the number of calories you eat. This can lead to weight loss.
- Some studies have found that intermittent fasting can improve heart health, reduce inflammation in the body, and even help with brain function.
- It can be easier to stick to this than traditional diets because you don't have to count calories or follow strict meal plans. It also doesn't cost anything, and you can start at any time.

### Is It Safe?

Intermittent fasting can be safe for many people, but it's not for everyone. Kids, pregnant women, and people with certain health conditions should avoid it. It's always a good idea to talk to a doctor before starting any new eating plan.

### Tips for Starting Intermittent Fasting

1. **Start Slowly:** Begin with shorter fasting periods. Slowly increase the time as your body gets used to it.
2. **Stay Hydrated:** Drink plenty of water during fasting periods to stay hydrated. You can also drink herbal or green tea and coffee without milk, creamer or added sweeteners.
3. **Eat Healthy:** When you do eat, choose healthy foods like fruits, vegetables, lean proteins, and whole grains.
4. **Listen to Your Body:** If you feel dizzy, weak, or unwell, stop fasting and talk to a doctor.

While not for everyone, intermittent fasting is a way to manage eating habits and improve health. By switching between eating and fasting, you can potentially lose weight and feel better. Remember, it's important to start slowly. Talk to your doctor to make sure it's safe for you.

## References

The Effect of 4:3 Intermittent Fasting on Weight Loss at 12 Months: A Randomized Clinical Trial: Annals of Internal Medicine: Vol 0, No 0

<https://www.healthline.com/nutrition/intermittent-fasting-guide#methods>

## UNDERSTANDING HEARTBURN

### **Heartburn- what it is and how to avoid/treat it**

When that slice of pepperoni pizza, bowl of tomato soup, or glass of orange juice comes with a sour, unhappy stomach, this may be a sign that you have heartburn. Here is some information to help you identify the problem and how to prevent and/or treat it.

### **What is Heartburn?**

Heartburn doesn't have anything to do with your heart. It has often been described as a burning sensation in your lower chest, at the level of your stomach. It often gets worse after eating, in the evening, or when lying down. Heartburn symptoms from time to time are common and usually not a cause for concern. Frequent heartburn can be a sign of a more serious condition called gastroesophageal reflux disease (GERD) and should be discussed with your healthcare provider.

### **Causes of Heartburn**

Heartburn happens when stomach acid backs up into the food pipe (esophagus), the tube that carries food from your mouth to your stomach. This can take place if a muscle at the bottom of the esophagus (the lower esophageal sphincter (LES)), doesn't close properly. The causes of heartburn also include:

- Eating large meals or lying down right after a meal
- Being overweight or obese
- Eating a heavy meal and then lying on your back
- Snacking too close to bedtime
- Eating certain foods, such as citrus, tomatoes, chocolate, mint, garlic, onions, or spicy or fatty foods
- Drinking certain beverages, such as alcohol, carbonated drinks, coffee, or tea
- Smoking
- Taking certain medications, such as aspirin or ibuprofen

### **Symptoms of Heartburn**

The main symptom of heartburn is a burning sensation in the chest. Other symptoms can include:

- A burning sensation in the throat
- A sour or bitter taste in the mouth
- Difficulty swallowing
- Feeling like food is stuck in the middle of your chest or throat
- Chronic cough or sore throat



# DON'T BLOW OUT

# THE CANDLES

## on the Older Americans Act

**Celebrate the legacy.  
Protect the future.**

**Join us on May 28th  
for a statewide  
day of action.**

NIAAA will be at Golden Meals in Freeport for lunch from 11 - 1 to discuss Older Americans Act funding and its impact on meals and other programs.



**PROTECT 60 YEARS OF IMPACT!**

For more information, visit  
[www.AgeGuide.org](http://www.AgeGuide.org)