



HELLO

JUNE!

NIAAA'S SENIOR NEWSLETTER

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

1111 S. Alpine Rd, Suite 600
Rockford IL 61108

815-226-4901
www.nwilaaa.org

Published by Brittney W.





- **Forest City Farmers Market- Colonial Village**
1280 S. Alpine Rd. Fridays 9:00am-1:00pm

- **Edgebrook**
1639 N. Alpine Rd. Wednesdays, 9:00am- 1:00pm

- **Rockton River Market**
200 E. Hawick St. Rockton, 61072 , Wednesdays 5:00pm-8:00pm

- **Rockford City Market- Water Street East State St.**
Fridays 4:00pm- 8:30pm



Juneteenth, also known as Freedom Day or Emancipation Day, is a celebration of African American culture, history, and resilience. It specifically marks June 19, 1865, the day Union soldiers informed enslaved people in Galveston, Texas, of their freedom, nearly two and a half years after the Emancipation Proclamation.



Reminder!

We Will Be

CLOSED

on

19 JUNE

JUNE
TEENTH



June is Alzheimer's & Brain Awareness Month

Alzheimer's is the most common form of dementia

Worldwide, more than 55 million people are living with Alzheimer's or another dementia. Go purple during the month of June to bring awareness to Alzheimer's and Dementia





June 15th, 2025



**Caregivers
Support Group
First Tuesday of the
month 2pm
Sponsored by**





You're Invited to the SENIOR FAIR



Tuesday, June 24



10:00 AM – 12:00 PM



Lee County Council on Aging

**Join us for a special event connecting seniors
with valuable community resources and
providers!**

✓ **Meet local senior service providers**

✓ **Learn about helpful programs and
support**

✓ **See the Center's Fresh New Look!**

✓ **Stay for lunch provided by Lifescape**

Come explore, connect, and enjoy!–

☎ **For more information, call 815-288-9236**



EID CARNIVAL

SUNDAY, JUNE 15TH



SAVE THE DATE

RIDES • BOUNCY HOUSES • FOOD • BAZAAR

An event for the whole Family to enjoy!

Sponsors / Donors are Welcome!!

For more information visit MAGR Office or
contact Sister Barbra
at 815-397-3311 or 973-851-2803.

SPONSORSHIPS

\$100

LOGO on newsletter
until the day of event

\$250

LOGO on newsletter
for 3 months

\$500

LOGO on newsletter
& flyer until the day
of event

\$1,000

LOGO on newsletter,
flyer & website until
the day of event

\$2,500

LOGO on newsletter,
flyer, website, all
social media until the
day of event & on
banner day of event

NIAAA's Photo Contest

Boone, Carroll, DeKalb, Jo Davies, Lee, Ogle,
Stephenson, Whiteside, and Winnebago

Spring is here and NIAAA is having our photo contest again. We hope to have all nine counties we serve represented. We are looking for an iconic photo to represent each county: it should be something easily recognizable, a hidden treasure or notable view.

- **What we need:** Digital high resolution, at least 3 MB, original photos representing your county.
- **Who can participate:** This contest is open to the public, and **anyone** can participate.
- **When:** Submissions to NIAAA are due by Monday, July 7th, 2025, and the winners will be announced the following week on NIAAA's website and Facebook page.
- **What's the prize:** \$50 Amazon gift card, a NIAAA award certificate, and bragging

rights. The winning photos will represent each county on NIAAA's website through the summer and into the fall.

- **Where:** submit photos along with a signed photo contest release form to NIAAphotocontest@nwilaaa.org
- **Photo release form** is available on our website at nwilaaa.org.
- **Who are the judges for the contest:** NIAAA staff and photographer Brian Thomas.



Thank you, State Representative John Cabello of District 90, for sponsoring our second photo contest. We appreciate your contribution.

HAPPY PRIDE MONTH

Your Truest self is the best
version of you... 



Recipe of the Month:

Rhubarb Crumble

Ingredients:

- 4 cups chopped rhubarb, or more to taste
- 1 cup white sugar
- 2 tablespoons all-purpose flour
- 2 large eggs

Crumble Topping:

- ½ cup all-purpose flour
- ½ cup brown sugar
- ¼ cup rolled oats
- 1 teaspoon baking powder
- ½ teaspoon salt
- 6 tablespoons unsalted butter, softened



Directions

Preheat the oven to 350 degrees F (175 degrees C). Put rhubarb in an 8- or 9-inch round glass baking dish.

Mix sugar, flour, and eggs together in a medium mixing bowl; pour over rhubarb.

Prepare crumble in the same bowl: Mix flour, brown sugar, oats, baking powder, and salt until combined; mix in softened butter until well combined. Sprinkle crumble mixture over rhubarb.

Bake in the preheated oven until rhubarb is soft and top is browned, about 30 minutes.

Mocktail of the Month: Watermelon Fizz

Ingredients

- 1 cup coconut water
- ½ cup watermelon puree
- 1 teaspoon stevia
- ½ cup ice cubes, or as desired



Directions

Step 1

Blend coconut water, watermelon, and stevia together in a blender until smooth.

Step 2

Fill a cocktail shaker with ice; add watermelon mixture. Cover shaker and shake until chilled; pour into a glass & enjoy!

Beat the heat & stay hydrated

Your **brain** is made of 73% water. Drinking water can boost your brain power, helping you concentrate, reduce stress, eliminate headaches and stay alert.

Keep your youthful glow. When dehydrated, **skin** is more susceptible to wrinkling and appearing aged.

Drinking water can help manage cravings and increase your **metabolism**.

Water is what makes **bowel movements** soft so hydration is key to preventing painful and dangerous constipation.

Plasma, which carries blood cells around your body to maintain **healthy blood pressure** and regulate **body temperature**, is about 90% water.

Water helps lubricate the **cartilage** surrounding your **bones**, allowing them to move freely. If you're feeling a bit stiff, make sure you're hydrating!

Water helps your **kidneys** flush out waste and toxins. When dehydrated, you have an increased risk of kidney stones and urinary tract infections.



Favorite summer memories from the 1950s



Kiddieland Park opened in 1950 and was billed as "fun for the whole family." Kiddieland Park was the first local area amusement park since the demise of Harlem Park in 1928 and Central Park's closure eight years earlier in 1942.

Ticket prices at the time were 15¢ each or 2 tickets for 25¢.

The featured attraction; the "Rockford Limited", one of the largest and most modern small gauge trains to be built in recent years.

The park eventually grew even larger and added more rides, including Tubs of Fun, Tilt a Whirl, a Boat Ride, a children's Roller Coaster with an oval layout, a Rock-O-Plane, Scrambler, a Haunted House, a Merry-go-Round, Bumper Cars, and live Pony Rides.

The park closed in 1977



JUNE is *National* CANCER SURVIVOR MONTH



“Hope prevails, Cancer doesn’t!

Your scars tell a story of survival, of
perseverance of triumph over adversity.
You are the reason we keep fighting, the
reason we keep hoping, you’re the hero of
our time.”



Join Klehm to experience a wide variety of plants, flowers, garden décor, art, educational information booths and more!

Listen to live music performances in our Fountain Garden while enjoying a meal from local food truck vendors, including:

- Cantina Taco (tacos)
- Pizza Fresca (wood fired pizza and gelato)
- Prairie Street Brewing Co. (locally brewed beer)
- Sizz N Fizz (smash burgers, chicken nuggets, cheese curds, waffle fries)
- Mighty Potato (loaded baked potatoes and more)



Sunday, June 1st, 2025

9:00 AM – 4:00 PM

Klehm Arboretum & Botanic Garden

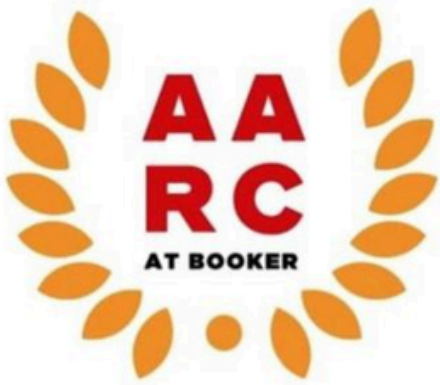
2715 S. Main St.

Rockford, IL 61102

(815) 965-8146

\$12 Gate Admission

**FREE for Klehm members and
children 12 & under**



3RD ANNUAL SENIOR EXPO



Date: June 10th 2025
Time: 11am to 1pm

Location: 1005 S. Court Street

Please call if you have any question
815-962-9117



Aetna Better Health® Premier Plan MMAI

*Interested in being a
vendor please email
Perteetel@aetna.com*



Finding Your Way

Navigating Early Stage Cognitive Changes Helping You Adjust, Adapt, and Thrive After a Diagnosis

**Join us for our monthly Support Group specifically designed
for those with early stages of memory loss.**

Our goal is to help you:

- Process the emotional impact of your diagnosis
- Ask questions and learn helpful information
- Build supportive connections with others
- Explore tools to help you cope, adjust, and continue living a meaningful life

When: **First Meeting is Friday May 16th from 1030am-1130pm**
Meetings will be the 3rd Friday of each month
Bonus educational meetings will be held as needed

Where: **1111 S. Alpine Rd. Rockford IL 61108 Suite 600**
NIAAA Area Agency on Aging Building 6th Floor

For Questions and to RSVP call or Text Carol 815-519-8667





Annually on World Elder Abuse Awareness Day, communities around the world join together to raise awareness and increase understanding of abuse and neglect of older persons!

In the United States, 1 in 10 older adults are abused or neglected each year. In Illinois, approximately 100,000 older adults are victims of abuse every year.

Lifescape Community Services is here to help!

We provide **Adult Protective Services** in Whiteside, Lee, Carroll, Ogle, and Lake Counties.

**JOIN US to LEARN MORE
about PROTECTING
VULNERABLE
OLDER ADULTS!**



Friday, June 13 - 11 am to 3 pm

**Outdoor Information Booth
World Elder Abuse Awareness Day Giveaways
Mendoza's Taco Truck On-Site**

Lifescape Community Services
206 Dixon Ave., Suite 1 - Rock Falls
815.490.1125 | www.lifescapservices.org



DON'T BLOW OUT THE CANDLES



This year marks the 60th anniversary of the Older Americans Act (OAA) – a landmark law that supports essential services like

- Home-delivered meals
- Transportation
- Caregiver support
- Health promotion programs

These programs help older adults live with dignity and independence. But they depend on strong federal funding.

We urge you to protect and fully fund the OAA.



**Don't let the candles go out
on the Older Americans Act**

**For more information, visit
www.IL4A.org**

Get FREE Admission

to Local Museums and Gardens

for Rockford residents age 62 and older.

Please join Barb Chidley,
Neighborhood Specialist for the City of Rockford

Tuesday, June 10th at 11:30am
at NIAAA, 1111 S. Alpine Rd. Floor 6

to learn more about all of the
museums and gardens in Rockford

You can then choose **five (5)** to attend for **FREE!**

Attractions include Anderson Japanese Gardens, Klehm Arboretum & Botanic Garden, Nicholas Conservatory & Gardens, Burpee Museum of Natural History, Erlander Home Museum and Swedish Historical Society of Rockford, Ethnic Heritage Museum and Graham-Ginestra House, Laurent House, Midway Village Museum, Rockford Art Museum, and Tinker Swiss Cottage Museum and Gardens.

To RSVP or request an accommodation, please contact Kelci Raney at NIAAA:
815-226-4901 kraney@nwilaaa.org

