

NIAAA'S SENIOR NEWSLETTER

1111 S. Alpine Road, suite 600 Rockford IL 61108 815-226-4901 www.nwilaaa.org



May this month be as bright and cheerful as you are



September 7th, 2025



In Remembrance: September 11th, 2001

This month, we pause to remember the lives lost, the heroes who rose in the face of tragedy, and the unity that brought our nation together in the aftermath of 9/11. May we continue to honor their memory with compassion, resilience, and a commitment to peace.



WE WILL BE CLOSED ON



LABOR DAY

September 1st, 2025





EVENT!

Friday September 12th 9:30am -12:30pm

Wings and Wheels Museum 5151 Orth Road, Poplar Grove

NEW for this date - OSF healthcare will present:
Arrive for Presentation to begin promptly at 9:30am
doughnuts and coffee will be provided

FREE

- Healthy feet, hear from OSF experts
- · Learn the important history of this museum
- Businesses from the Northern Illinois Care Coalition will be present with information on health services
- A free box lunch to registered participants
 *must register by September 5^{th.}
 Lunch will not be provided for unregistered guests

REGISTER NOW - RSVP 815 544 9495

Presented by:



A special thank you to:





Managed by Gardant Management Solutions

Giddy up to
your library,
partner!

September is
Library Card
Sign-up Month!

Rockford Public Library 815-966-2248 6685 East State St. North Suburban Library 815-633-4247 6340 N. 2nd St.

Rockford Public Library (downtown) 815-965-7606 215 N Wyman St.



SEPTEMBER IS SUICIDE PREVENTION AWARENESS MONTH

This month is a reminder that no one should face life's challenges alone. Emotional struggles can affect people of all ages, and its never too late to reach out for help or to be a listening ear for someone else.

YOU MATTER. YOUR STORY MATTERS.

Checking in on friends, staying connected and talking openly about feelings can save lives. Small acts of kindness-like a phone call, a visit, or even a smile, can make a world of difference.

If you or someone you know are feeling hopeless, help is available 24/7

988 Suicide & Crisis Lifeline - Call or Text 988





Self-Care September Self-care isn't selfish. It's essential.

Why Self- Care Matters?

Taking time for yourself helps you stay healthy, happy, and energized.

Small steps each day can make a big difference!



- Start your morning with 5 minutes of deep breathing
- Write down one thing you're grateful for each day
- Read, listen to music, or do a puzzle you enjoy
- Body & Health

 Take a short walk

 outside and notice the

 fresh air
- Drink 6-8 glasses of water daily
- Try gentle stretches or chair exercises



Connection & Community

- Call or visit a friend you haven't seen in a while
- Join a group activity
- Share a smile it brightens everyone day!

- U Simple Joys
- Enjoy a favorite snack or cup of tea/coffee
- Watch the sunrise or sunset
- Try something creative like painting, knitting or coloring



Study volunteers | Study volunteers

Are you 100 years old or older, or do you know someone who is? Our participants receive **\$100** for completing our core study components!

Research Study Goals

We are interested in examining why people over the age of 100 are able to live so long, and in many cases, avoid Alzheimer's, cancer, and other diseases. To enroll in our study, you must:

- be over the age of 100 (some family members may also be eligible)
- live anywhere in the lower 48 states of the US

What is the process like?



Prospective participants contact us



We confirm eligibility and enroll



Participants share data



Data is protected



Researchers study data



Communities benefit from findings

How do you contact us?



Dr. Tom Perls

Principal Investigator at Boston University

thperls@bu.edu

- 72 E Concord St, Robinson B-7 Boston, MA 02118
- (888) 333-6327 (toll-free)
- agewell@bu.edu



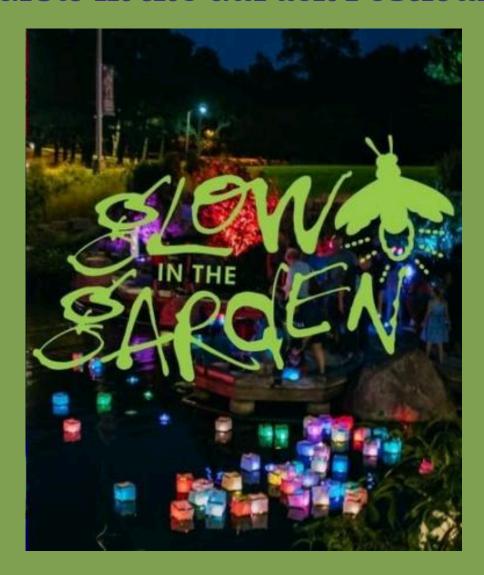
Free Computer Classes

**Every Wednesday
**\text{11:30pm-3:30pm}
**\text{NIAAA'S Boardroom}
**\text{1111 S. Alpine Rd, Suite 600}

RPL's Digilibrary will offer instruction through online courses where you can work at your own pace to learn basic computer skills.

This service is provided and sponsored by Rockford Public Library

Glow in the Garden Festival



Glow in the Garden Festival returns to Nicholas Conservatory & Gardens for an unforgettable evening of lights, music, and family fun. On Friday, September 19, 2025, from 6:00 to 9:00 PM, the outdoor gardens along the Rock River transform into a vibrant, glowing wonderland perfect for all ages.

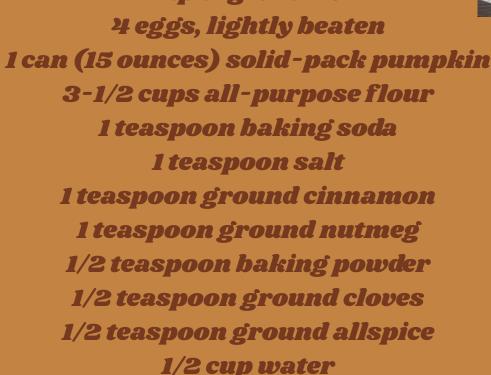
Guests can enjoy free admission to the outdoor gardens, where they will find glowing activities, interactive stations, and entertainment throughout the evening. Kids can participate in a free 100-meter Fun Run at 7:00 PM, dashing past glowing pillars on the Rock River Recreation Path with no registration required. Families and friends are encouraged to wear bright, glowing, or light-up attire to add to the festive atmosphere.



Loves Park City Hall 100 Heart Blvd. Loves Park 61111

Pumpkin Spice Bread

Ingredients 3 cups sugar 1 cup vegetable oil 4 eggs, lightly beaten





Directions

Preheat oven to 350°. In a large bowl, combine sugar, oil and eggs; add pumpkin and mix well. In second bowl, combine the flour, baking soda, salt, cinnamon, nutmeg, baking powder, cloves and allspice; add to the pumpkin mixture alternately with water, beating well after each addition.

Pour into two greased 9x5-in. loaf pans. Bake until a toothpick inserted in the center comes out clean, 60-65 minutes. Cool in pans 10 minutes before removing to a wire rack to cool completely.

Caramel Apple Mocktail

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Ingredients
Lemon wedge and cinnamon sugar for rim
4 ounces apple juice
1½ ounces caramel syrup
¾ ounce freshly squeezed lemon juice
Ice
Apple slice, thyme sprig, and cinnamon stick for garnish



Instructions

To prepare rim, rub the rim of the glass with the lemon wedge.

With the cinnamon sugar on a saucer, dip either half or the entire rim of the glass in the sugar to coat.

In a cocktail shaker, add apple juice, caramel syrup, and lemon juice.

Shake well to dissolve caramel and chill.
Strain into prepared glass.

Garnish with apple slice, thyme sprig, and cinnamon stick.

Wellness Tips to Keep You Healthy This Fall



Start taking a Vitamin D supplement. We get most of our Vitamin D from the sun, so our intake decreases when the weather is colder since we spend most of our time inside during the fall/winter seasons. If you find you are not getting outside much, a Vitamin D supplement can boost your mood and immune system!

Get your flu shot and yearly check-up. Self explanatory! No one likes sniffling and aching and sneezing and coughing getting in the way of life. Yuck.

Get yourself ready for Daylight Savings Time. Go to bed earlier when you can, especially the week before the clocks change.

Longer periods of darkness = longer periods of sleep!

Moisturize your skin. Harsh temperatures can make your skin dry. Also, you still should be wearing sunscreen.

Spend Time Outdoors

Take advantage of the cooler September weather by spending time outside.

Outdoor activities can improve mental health, reduce stress, and enhance overall well-being. Whether it's hiking, walking your dog, or simply enjoying nature, aim to get outside regularly.



DIY Fall Leaf Wreath





Supplies:
Preserved oak leaves (I used two
bunches of the size shown below)
Grapevine wreath form
Scissors
Hot glue (optional)



leaves

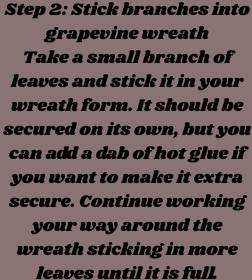
Cut (or break) off smaller pieces
from the big branch of preserved
leaves. You want a few inches of
leaves and a branch a couple
inches long. Sometimes the
leaves are smushed together. Use
your fingers to unfurl the leaves
as needed.

Step 1. Cut small branches of



Step 3: Hang with a burlap ribbon

After you've filled your wreath hang with a ribbon







2025 Lifescape Senior Expo - A
COMMUNITY RESOURCE FOR OLDER
ADULTS, CAREGIVERS, AND FAMILIES

Rock Valley College Physical Education
Center

Saturday, September 20th from 9 am-2 pm



Rock Valley College Center for learning in Retirement (CLR)

CLR is a membership program that promotes lifelong learning for those 50 years and older with classes, special events & groups, bus trips, and social & volunteer opportunities.

September 26th, 2025 from 10am-11:30am NIAAA'S boardroom 1111 S Alpine Rd. Suite 600