

NIAAA'S SENIOR NEWSLETTER



Happy October! Don't worry- this message is all treats and no tricks! Here's what's brewing this month!



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FUN OCTOBER FACTS



- ★ BIRTHSTONE: OPAL & TOURMALINE — SYMBOLS OF HOPE, CREATIVITY, AND HEALING.
- ★ BIRTH FLOWERS: MARIGOLD & COSMOS — REPRESENTING WARMTH, CHEERFULNESS, AND LOVE.
- ★ ZODIAC SIGNS: LIBRA ♎ (SEPT 23 – OCT 22) AND SCORPIO ♏ (OCT 23 – NOV 21).
- ★ HOLIDAYS: COLUMBUS DAY (OCT 13), HALLOWEEN (OCT 31), AND OF COURSE, BREAST CANCER AWARENESS MONTH 🎀.

★ DID YOU KNOW?

- OCTOBER IS THE ONLY MONTH THAT ENDS WITH A HOLIDAY—HALLOWEEN!
- THE WORD OCTOBER COMES FROM THE LATIN OCTO, MEANING “EIGHT,” BECAUSE IT WAS THE EIGHTH MONTH IN THE OLD ROMAN CALENDAR.
- PUMPKINS ARE TECHNICALLY A FRUIT, NOT A VEGETABLE! 🎃

LIHEAP

(Low income home energy assistance program)



Applications start **BY**
APPOINTMENT, October 1st and
can be made every 1st business
day of the month, starting at 8am

- Call In Number 779-221-3704

PY 2026 INCOME GUIDELINES

Household Size	Total household 30 day gross income (before taxes taken out) no more than:
1	\$3,332
2	\$4,357
3	\$5,382
4	\$6,407
5	\$7,432
6	\$8,457
7	\$8,649
8	\$8,842

CELEBRATING CULTURE & HERITAGE IN OCTOBER

October is not just about pumpkins and costumes—it's also a time to honor and celebrate cultural heritage. Let's take a moment to recognize the rich histories, traditions, and contributions of diverse communities.



Hispanic Heritage Month (Sept 15–Oct 15)

We celebrate the histories, cultures, and contributions of Americans whose ancestors came from Spain, Mexico, the Caribbean, and Central & South



Italian-American Heritage Month

October recognizes the contributions of Italian-Americans, from art and literature to science and cuisine. Traditions come to family meals, pasta-making and encourage



Filipino-American History Month

Honoring the earliest recorded presence of Filipinos in the U.S. (dating back to October 1587) and the rich stories, traditions, and resilience



German-American Heritage Month

German immigrants have contributed to American society in food, music, and festivals like Oktoberfest.

OCTOBER

BREAST CANCER

AWARENESS MONTH



EARLY DETECTION SAVES LIVES

1 IN 8 WOMEN WILL BE DIAGNOSED WITH BREAST
CANCER IN THEIR LIFETIME. REGULAR CHECK UPS
AND MAMMOGRAMS MAKE A DIFFERENCE



KNOW THE SIGNS

- LUMPS OR SWELLING IN THE BREAST
- UNDERARM
- CHANGES IN SIZE, SHAPE OR APPEARANCE
- PAIN, IRRITATION, OR DIMPLING OF BREAST SKIN



HOW YOU CAN SUPPORT:

- WEAR PINK TO SHOW YOUR SUPPORT
- SHARE RESOURCES WITH LOVED ONES
- ENCOURAGE FRIENDS & FAMILY TO SCHEDULE SCREENINGS



TOGETHER, WE FIGHT. TOGETHER, WE HOPE.
TOGETHER, WE HEAL.



MENTAL HEALTH CHECK-IN: GENTLE TIPS FOR STRESS RELIEF

LIFE CAN FEEL BUSY, EVEN IN RETIREMENT OR LATER YEARS. OCTOBER IS A GREAT TIME TO PAUSE, REFLECT, AND TAKE CARE OF YOUR MIND. HERE ARE SOME TIPS TO HELP YOU STAY CALM, CENTERED, AND JOYFUL THIS FALL:

1. TAKE A MOMENT TO BREATHE

SLOW, DEEP BREATHS CAN REDUCE TENSION AND HELP YOU FEEL MORE PRESENT. TRY INHALING FOR 4 COUNTS, HOLDING FOR 4, AND EXHALING FOR 6. EVEN A FEW MINUTES CAN MAKE A DIFFERENCE.

2. ENJOY GENTLE MOVEMENT

WALKING, STRETCHING, TAI CHI, OR LIGHT CHAIR EXERCISES CAN HELP RELIEVE STRESS, IMPROVE CIRCULATION, AND BOOST YOUR MOOD. CHOOSE WHAT FEELS GOOD FOR YOUR BODY.

3. CONNECT WITH OTHERS

SPENDING TIME WITH FRIENDS, FAMILY, OR COMMUNITY GROUPS CAN LIFT YOUR SPIRITS. A SIMPLE PHONE CALL, COFFEE WITH A NEIGHBOR, OR JOINING A CLUB CAN MAKE A BIG DIFFERENCE.

4. ENGAGE YOUR MIND

READING, PUZZLES, JOURNALING, OR LEARNING SOMETHING NEW KEEPS YOUR MIND ACTIVE AND PROVIDES A HEALTHY DISTRACTION FROM STRESS.

5. PRACTICE MINDFULNESS

NOTICE THE BEAUTY AROUND YOU—AUTUMN LEAVES, CRISP AIR, OR A WARM CUP OF TEA. MINDFULNESS CAN BE AS SIMPLE AS SAVORING A MEAL SLOWLY OR ENJOYING A FAVORITE HOBBY.

6. BE KIND TO YOURSELF

IT'S OKAY TO TAKE BREAKS, REST, AND SAY NO TO EXTRA COMMITMENTS. PRIORITIZE WHAT BRINGS YOU PEACE AND JOY.

OCTOBER REMINDER: LIGHT A CANDLE, SIP A WARM DRINK, AND ENJOY THE SMALL PLEASURES OF FALL. YOU DESERVE IT! 🍂

PUMPKIN PIE BARS

INGREDIENTS
US CUSTOMARYMETRIC

1X2X3X

FOR THE CRUST AND TOPPING:

☐ ½ C UNSALTED BUTTER MELTED COOLED TO ROOM TEMPERATURE

☐ ½ C LIGHT BROWN SUGAR

☐ 1 ½ C ALL-PURPOSE FLOUR

☐ ½ TEASPOON BAKING SODA

☐ ½ TEASPOON BAKING POWDER

☐ ¼ TEASPOON SALT

☐ 1 TEASPOON GROUND CINNAMON

☐ ¼ TEASPOON GROUND CLOVES

FOR THE FILLING:

☐ 1 ½ CUPS PUMPKIN PIE MIX FROM A CAN, NOT PUREE

☐ 1 LARGE EGG

☐ ½ TEASPOON PURE VANILLA EXTRACT

INSTRUCTIONS

PREPARE THE 8" SQUARE PAN BY GREASING THE SIDES AND THE BOTTOM. LINE WITH PARCHMENT PAPER. SET ASIDE.

PREHEAT OVEN TO 375 DEGREES F.

MELT BUTTER IN MICROWAVE OR ON THE STOVE AND LET COOL TO ROOM TEMPERATURE.

½ C UNSALTED BUTTER MELTED

IN A MEDIUM MIXING BOWL, WHISK TOGETHER FLOUR, BROWN SUGAR, SODA, BAKING POWDER, CINNAMON, CLOVES AND SALT.

½ C LIGHT BROWN SUGAR, 1 ½ C ALL-PURPOSE FLOUR, ½ TEASPOON BAKING SODA, ½ TEASPOON BAKING POWDER, ¼ TEASPOON SALT, 1 TEASPOON GROUND CINNAMON, ¼ TEASPOON GROUND CLOVES

ADD MELTED BUTTER AND MIX UNTIL CRUMBLY DOUGH FORMS.

RESERVE ABOUT ¾ C OF THE MIXTURE FOR THE TOPPING.

PRESS THE REMAINING DOUGH INTO PREPARED PAN. SET ASIDE.

PLACE ALL FILLING INGREDIENTS IN A LARGE MIXING BOWL OF A STAND MIXER AND MIX UNTIL ALL COMBINED.

1 ½ CUPS PUMPKIN PIE MIX, 1 LARGE EGG, ½ TEASPOON PURE VANILLA EXTRACT
POUR OVER CRUST.

SPRINKLE WITH THE TOPPING MIXTURE.

BAKE FOR 28 TO 32 MINUTES OR UNTIL THE TOPPING IS GOLDEN BROWN.

COOL COMPLETELY IN PAN. CUT INTO SQUARES.



APPLE CIDER FLOAT

INGREDIENTS:

4 CUPS APPLE CIDER
VANILLA ICE CREAM
CINNAMON FOR GARNISH



INSTRUCTIONS:

FILL GLASSES WITH APPLE CIDER.
ADD A SCOOP OF VANILLA ICE CREAM TO
EACH GLASS.
SPRINKLE CINNAMON ON TOP.



TUE • OCT 14, 2025 • 7:00PM CORONADO THEATRE, ROCKFORD, IL

TICKETS STARTING AT \$37

SONY PICTURES TELEVISION AND RIGHT ANGLE ENTERTAINMENT HAVE ANNOUNCED THAT WHEEL OF FORTUNE LIVE! WILL BE STOPPING AT THE CORONADO THEATRE ON TUESDAY, OCTOBER 14TH AS PART OF ITS 60-CITY NATIONAL TOUR. HOSTED BY A CELEBRITY GUEST HOST, WHEEL OF FORTUNE LIVE! BRINGS THE EXCITEMENT OF EVERYONE'S FAVORITE TV GAME SHOW TO LIFE, GIVING FANS THE CHANCE TO SOLVE PUZZLES, WIN PRIZES AND POSSIBLY BECOME A WHEEL OF FORTUNE TV CONTESTANT. AT WHEEL OF FORTUNE LIVE!, AUDIENCE MEMBERS WILL BE RANDOMLY SELECTED TO COME UP ON STAGE TO SPIN THE FAMOUS WHEEL AND SHOW THEIR SKILL BY CALLING CONSONANTS, BUYING VOWELS AND SOLVING PUZZLES FOR AN OPPORTUNITY TO WIN FANTASTIC PRIZES, INCLUDING VACATIONS TO DESTINATIONS LIKE PARIS AND HAWAII, OR CASH PRIZES UP TO \$10,000. NEW THIS YEAR, FANS OF WHEEL OF FORTUNE WILL ALSO BE ABLE TO AUDITION ON-SITE FOR THE CHANCE TO APPEAR AS A CONTESTANT ON A FUTURE EPISODE OF THE TV SHOW ALONGSIDE HOSTS RYAN SEACREST AND VANNA WHITE!



ONLY A FEW WEEKS LEFT! OCTOBER IS THE LAST MONTH FOR THE FARMERS MARKET

WEDNESDAY

EDGEBROOK FARMERS MARKET

WEDNESDAYS | MAY THROUGH OCTOBER | 9 A.M. TO 1 P.M.

THIS SEASONAL MARKET POPS UP ANNUALLY IN EDGEBROOK, A CHARMING SHOPPING VILLAGE LINED WITH CAFES AND INDEPENDENT BOUTIQUES. SWING BY FOR FRESH FLOWERS AND BAKED GOODS, THEN STAY FOR LUNCH OR TAKE A STROLL THROUGH THE SHOPS.

THURSDAY

NORTHEAST ROCKFORD FARMERS MARKET

THURSDAYS | JUNE THROUGH OCTOBER | 9 A.M. TO 1 P.M.

LOCATED IN THE PARKING LOT OF NORTHEAST CHRISTIAN CHURCH ON RIVERSIDE BOULEVARD, THIS QUAIN MARKET IS A GREAT PLACE TO PICK UP DELICIOUS BAKED GOODS, LOCALLY MADE SKINCARE, FRESH-BAKED PIZZAS AND BREADS, SMALL-BATCH COFFEE, AND MORE.

FRIDAY

FOREST CITY FARMERS MARKET AT COLONIAL VILLAGE

FRIDAYS | MAY THROUGH OCTOBER | 9 A.M. TO 1 P.M.

ON FRIDAYS, VISIT THE COLONIAL VILLAGE SHOPPING CENTER TO PICK UP ROCKFORD-MADE GOODS, FRESH FRUITS AND VEGETABLES, AND ENJOY A SLOWER START TO THE DAY WITH A CUP OF LOCALLY ROASTED COFFEE!

ROCKFORD CITY MARKET

WINNEBAGO FARMERS MARKET

FRIDAYS | MAY THROUGH OCTOBER | 3:30 TO 7 P.M.

THIS MARKET IN WINNEBAGO IS ALL ABOUT KEEPING IT LOCAL AND STRAIGHTFORWARD. GRAB WHAT YOU NEED FOR THE WEEK, SAY HI TO FAMILIAR FACES BEHIND THE TABLES, AND ENJOY A DELICIOUS TREAT LIKE A SCONE OR A SMOOTHIE.

SATURDAY

NORTH END CITY MARKET

SATURDAYS | MAY THROUGH OCTOBER | 8:30 A.M. TO 12:30 P.M.

JUST UP THE ROAD FROM DOWNTOWN ROCKFORD, THE NORTH END IS KNOWN FOR ITS STRONG LOCAL PRIDE AND CREATIVITY, AND EVERY SATURDAY YOU CAN FEEL IT ALL COME TO LIFE. LOCATED OFF THE CORNER OF NORTH MAIN AND AUBURN STREETS, YOU'LL FIND FRESH PRODUCE, BAKED GOODS, AND LOADS OF HANDMADE ITEMS.



ACTIVE OLDER ADULTS

Our YMCAs offer low-impact classes like chair yoga, SilverSneakers, line dancing, and water aerobics: gentle on joints and muscles for active older adults.

We also offer engaging events such as crafting, book clubs, and more, fostering creativity and connection.

8/29
1PM

AOA Game Day: BINGO

📍 Northeast Family YMCA

9/10
1-3

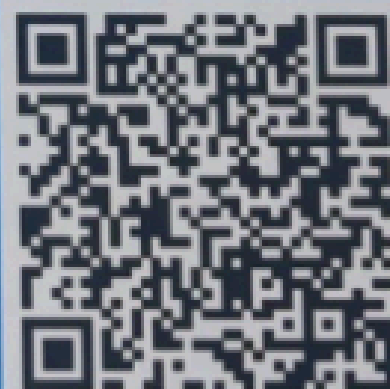
Crafting for the Ages

📍 Puri Family YMCA

9/17
12-2

Craft Day

📍 Northeast Family YMCA



[ROCKRIVERYMCA.ORG/ACTIVE-ADULTS](https://rockriverymca.org/active-adults)

STRENGTH CONNECTION COMMUNITY



INSURANCE-BASED MEMBERSHIPS

Medicare and various insurance providers offer free or discounted memberships, which can help older adults enhance their strength for daily tasks while also fostering social connections. The Y participates in programs like SilverSneakers, Renew Active, Silver & Fit, and FitOn Health.

To get started, contact your insurance for a billing fitness number, and then bring that number along with your ID to the Y.



Create Healthy
Habits



Improve
Wellness



Make New
Friends

YMCA AMENITIES

- ✓ AOA Group Fitness Classes
- ✓ Fitness Center
- ✓ Indoor Walking Track
- ✓ Gymnasium
- ✓ Pools

815-489-1252

SwedishAmerican
Riverfront YMCA, 200
Y Boulevard, Rockford

Northeast Family
YMCA, 8451 Orth
Road, Loves Park

Puri Family YMCA,
1475 S. Perryville Road

Good Shepherd YMCA,
1829 N. Rockton Avenue

info@rockriverymca.org
www.rockriverymca.org



FREE! Turkey Dinner

THURSDAY, NOVEMBER 27, 2025

11.00 a.m. – 1.00 p.m.

SERVED WITH
MASHED POTATOES & GRAVY, DRESSING,
VEGETABLES, ROLL w/ BUTTER,
CRANBERRY SAUCE, APPLESAUCE,
SLICE OF PIE, MILK AND/OR WATER

CARRYOUT OR DRIVE-THRU ONLY
LIMIT OF 2 MEALS PER PERSON

HOW CAN YOU HELP?

VOLUNTEER FOR SHIFTS
CONTACT JEANINE WANG @ (815) 218-1700

DONATE WINTER WEAR
HATS , GLOVES, MITTENS, SCARVES,
EAR MUFFS, WARM SOCKS, NEW OR
GENTLY-USED SWEATPANTS & SWEATSHIRTS

DONATE PERSONAL HYGIENE ITEMS
LIP BALM, SM. BOTTLES OF HAND LOTION, ETC.

DONATE BOTTLES OF WATER

DROP ITEMS OFF AT
COURT STREET UMC @ 215 N. COURT STREET OR
NORTHWESTERN IL AREA AGENCY ON AGING (NIAAA)
@ 1111 S. ALPINE ROAD, SUITE 600



A Jack-O-Lantern Experience

A Collection of Festive Pumpkins On Display Submitted By Regional Schools

Voting Begins Saturday, October 18, 2025 Through Saturday, October 25, 2025

Winners To Be Announced On October 27, 2025 via Social Media!

FREE for All Garden Members | Cost of Regular Garden Admission for Non-Members

The Path of Pumpkins Returns! Anderson Japanese Gardens has partnered with schools from across the region to provide a new Halloween-themed outdoor experience. Middle and high school students will showcase their pumpkin carving creativity within individual exhibits consisting of multiple carved pumpkins, creating the Path of Pumpkins. Each admission will be provided with a voting card. Be sure to fill it out and drop it off in the ballot box or hand it to the Gift Shop Team! The three schools that receive the most votes will be awarded cash prizes! The winning schools will be announced on Anderson Gardens social media!



ROCKFORD PUBLIC LIBRARY PRESENTS:

everything's fine

**CHEERFULLY POKING AT THE
DISCONNECT BETWEEN
BRIGHT POP IMAGERY
AND UNDERLYING STRUGGLES**

rpl's main library

215 n. wyman street rockford

first floor gallery

SEP 24 - OCT 31

admission: **FREE**



ROCKFORD PUBLIC LIBRARY

40TH ANNUAL
FALL DIDDLEY®

"Like" Us On
Facebook
At MHRL



SATURDAY, OCT. 11TH
9 AM - 5 PM

SUNDAY, OCT. 12TH
9 AM - 4 PM

Boone County Fairgrounds
Rt. 76 & Bus. Rt. 20, Belvidere

Over 250 Crafters & Artists
Quality Handcrafted Items
Bake Sale, Elegant Farmer Pies
Food Concession

FREE PARKING Admission \$10 (Ages 12+)

Sponsored by Volunteers of The Mental Health
Resource League for McHenry County

falldiddley.com

100% Of The Net Proceeds Benefit Mental Health!



MHRL

Supporting Mental Health
Since 1967

Haunted History of Rockford

Veteran's Memorial Hall and Museum



One haunted place in downtown Rockford that might surprise people is the Veterans Memorial Hall. It was built in 1903 and was the first ever of its kind built in Illinois and according to some sources, the entire United States. Its purpose was (according to the website), “to serve as a constant reminder to all of the sacrifices given by the brave men and women from Winnebago County and a way for following generations to remember and learn about their lives.”

It has gone through many challenges over the years, but its purpose has always remained the same: to serve Winnebago County’s veterans and their families.

Safe Trick-or-Treating Tips for Seniors

Halloween is a fun and festive time, but it can also bring extra foot traffic, noise, and activity around the neighborhood. Whether you enjoy greeting little ghosts and goblins at your door or prefer to celebrate quietly, here are some tips to keep the night safe and enjoyable:

Light the Way

Keep your porch, driveway, and walkways well-lit to prevent tripping hazards. Motion-sensor lights or flameless candles in pumpkins are great options.

Clear the Path

Remove leaves, garden hoses, or decorations from your steps and walkways so trick-or-treaters don't stumble.

Stay Comfortable

If you hand out candy, place a sturdy chair near the door so you can sit comfortably while greeting kids.

Choose Safe Treats

Individually wrapped candies are easiest and most sanitary. If you'd rather not open the door often, consider setting out a bowl with a friendly note.

Guard Against Overexertion

If you tire easily, take breaks between groups of visitors or recruit a family member to help you hand out candy.

Be Cautious with Costumes

If you plan to dress up, make sure your costume doesn't block vision or create tripping hazards.

Stay Secure

Only open the door to recognizable trick-or-treaters. If you feel uncomfortable at any point, keep your porch light off to signal you're not participating.

Happy
HALLOWEEN

