

NIAAA'S SENIOR NEWSLETTER

*Hello
November*



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Welcome, November! A season
to gather, give thanks, and find
joy in the simple moments we
share!



🍂 A WARM NOVEMBER WELCOME 🍂

AS THE AIR GROWS CRISP AND THE LEAVES TURN GOLDEN, NOVEMBER INVITES US TO PAUSE, REFLECT, AND GIVE THANKS. THIS IS A SEASON OF GRATITUDE—OF TREASURING THE BIG MOMENTS AND THE SMALL JOYS THAT MAKE EACH DAY SPECIAL. WHETHER IT'S SHARING A MEAL, ENJOYING THE BEAUTY OF AUTUMN, OR CONNECTING WITH FRIENDS AND NEIGHBORS, NOVEMBER REMINDS US HOW MUCH WE HAVE TO BE THANKFUL FOR.

IN THIS MONTH'S NEWSLETTER, YOU'LL FIND IDEAS FOR CELEBRATING THE SEASON, TIPS FOR STAYING HEALTHY AND COZY, AND STORIES TO WARM YOUR HEART. FROM HONORING OUR VETERANS TO PREPARING FOR THANKSGIVING, MAY THIS ISSUE BRING A LITTLE EXTRA JOY, INSPIRATION, AND COMFORT TO YOUR DAYS.





SEASONAL REFLECTIONS

THE HEART OF THANKSGIVING

THANKSGIVING HAS BEEN CELEBRATED IN THE UNITED STATES FOR CENTURIES, BEGINNING WITH A HARVEST FEAST IN 1621 SHARED BY THE PILGRIMS AND THE WAMPANOAG PEOPLE. IN 1863, PRESIDENT ABRAHAM LINCOLN DECLARED THANKSGIVING A NATIONAL HOLIDAY, ENCOURAGING AMERICANS TO PAUSE AND GIVE THANKS DURING A TIME OF GREAT DIVISION. TODAY, IT CONTINUES TO BE A DAY CENTERED ON GRATITUDE, FAMILY, AND TOGETHERNESS.

EVERYDAY GRATITUDE

GRATITUDE DOESN'T HAVE TO WAIT FOR THANKSGIVING DAY. STUDIES SHOW THAT TAKING A MOMENT TO REFLECT ON WHAT WE'RE THANKFUL FOR CAN LIFT OUR SPIRITS, LOWER STRESS, AND HELP US FEEL MORE CONNECTED. HERE ARE A FEW SIMPLE WAYS TO PRACTICE GRATITUDE EACH DAY:

✍️ WRITE IT DOWN: START A SMALL "GRATITUDE LIST" AND ADD ONE BLESSING EACH DAY.

☎️ SHARE IT: CALL A FRIEND OR LOVED ONE AND TELL THEM WHY YOU'RE GRATEFUL FOR THEM.

🌅 NOTICE THE SMALL JOYS: A BEAUTIFUL SUNRISE, A WARM CUP OF TEA, OR A KIND WORD ARE ALL WORTH CELEBRATING.

🙏 REFLECT AT MEALS: TAKE A MOMENT BEFORE EATING TO GIVE THANKS FOR THE FOOD AND THE COMPANY YOU ENJOY.
A THOUGHT TO CARRY WITH YOU

"GRATITUDE TURNS WHAT WE HAVE INTO ENOUGH, AND MORE. IT TURNS DENIAL INTO ACCEPTANCE, CHAOS INTO ORDER, AND CONFUSION INTO CLARITY. IT MAKES SENSE OF OUR PAST, BRINGS PEACE FOR TODAY, AND CREATES A VISION FOR TOMORROW." – MELODY BEATTIE



HEALTHY LIVING TIPS FOR NOVEMBER

 **BALANCE YOUR PLATE:** ENJOY YOUR HOLIDAY FAVORITES, BUT TRY TO FILL HALF YOUR PLATE WITH VEGGIES AND LIGHTER SIDES.

 **STAY HYDRATED:** COOLER WEATHER MAKES IT EASY TO FORGET WATER—KEEP A GLASS NEARBY THROUGHOUT THE DAY.

 **BUNDLE UP:** DRESS IN LAYERS WHEN HEADING OUT; IT HELPS REGULATE BODY TEMPERATURE AND PREVENTS CHILLS.

 **KEEP MOVING:** SHORT WALKS, LIGHT STRETCHING, OR CHAIR EXERCISES CAN BOOST ENERGY AND CIRCULATION, EVEN ON CHILLY DAYS.

  **FLU & RSV VACCINES:** FALL IS THE PERFECT TIME TO CHECK IN WITH YOUR DOCTOR OR PHARMACIST ABOUT SEASONAL VACCINES.



DIY FALL CRAFT: GRATITUDE JAR

BRING A LITTLE EXTRA WARMTH AND REFLECTION INTO YOUR HOME WITH A SIMPLE GRATITUDE JAR:

FIND A CLEAN JAR AND SOME SMALL SLIPS OF PAPER. EACH DAY, WRITE DOWN ONE THING YOU'RE THANKFUL FOR AND DROP IT IN THE JAR.

AT THANKSGIVING—OR ANY TIME YOU NEED A PICK-ME-UP—READ THROUGH YOUR NOTES TO CELEBRATE THE GOOD MOMENTS.

TIP: DECORATE THE JAR WITH LEAVES, RIBBONS, OR STICKERS TO MAKE IT FESTIVE!



THANKSGIVING TRIVIA

1. WHICH U.S. PRESIDENT DECLARED THANKSGIVING A NATIONAL HOLIDAY?
2. WHAT YEAR WAS THE FIRST MACY'S THANKSGIVING DAY PARADE HELD?
3. WHAT IS THE MOST POPULAR THANKSGIVING DESSERT IN AMERICA?
4. WHICH NATIVE AMERICAN TRIBE SHARED THE FIRST THANKSGIVING FEAST WITH THE PILGRIMS?
5. TRUE OR FALSE: THE FIRST THANKSGIVING LASTED THREE DAYS.



RIDDLES & PUZZLES:

WHAT HAS FEATHERS, SAYS GOBBLE, AND APPEARS ON THE THANKSGIVING TABLE?

NAME THREE THINGS YOU CAN FIND IN A CORNUCOPIA.



THANKSGIVING TRIVIA ANSWERS

ABRAHAM LINCOLN – HE DECLARED THANKSGIVING A NATIONAL HOLIDAY IN 1863.

1924 – THE FIRST MACY'S THANKSGIVING DAY PARADE WAS HELD.

PUMPKIN PIE – THE MOST POPULAR THANKSGIVING DESSERT IN THE U.S.

WAMPANOAG – THE NATIVE AMERICAN TRIBE THAT SHARED THE FIRST THANKSGIVING FEAST.

TRUE – THE FIRST THANKSGIVING LASTED THREE DAYS.

RIDDLE ANSWERS

WHAT HAS FEATHERS, SAYS GOBBLE, AND APPEARS ON THE THANKSGIVING TABLE? → TURKEY

NAME THREE THINGS YOU CAN FIND IN A CORNUCOPIA. → FRUITS, VEGETABLES, NUTS, GOURDS, OR GRAINS (ANY COMBINATION OF THREE WORKS)



Don't Forget!
Daylight Saving Time
Ends

**Sunday, Nov. 2nd – “Fall
back” 1 hour!**

**Enjoy the extra hour of
sleep and stay safe in
the darker evenings.**



Election Day Is Coming!

When: Tuesday, November 4, 2025

**Time: Polls are typically open from 7:00 AM – 8:00 PM
(check local times)**

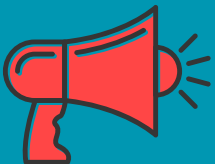
**Where: Your local polling place (find your location at
nass.org/can-i-vote)**

Why Your Vote Matters:

- **Voting is your voice in government.**
- **Every vote counts—local, state, and national decisions impact your community.**
- **Participating strengthens our democracy.**

Tips for a Smooth Election Day:

- **Bring a valid photo ID if required in your state.**
- **Wear comfortable shoes—you may have to stand in line.**
- **Know your ballot ahead of time; review candidates and measures.**
- **Consider voting early or by mail if that's easier for you.**



Let's make our voices heard—get out and vote!

CAREGIVER POP-UP FAIR

SUPPORTING THOSE WHO CARE



Monday, November 10, 2025
10:00 AM – 2:00 PM



Rockford Public Library
6685 E State St, Rockford, IL 61108

WHAT YOU'LL FIND



Informational booths from
local organizations



Resources for family and
professional caregivers



Tips for self-care &
stress management



Opportunities to connect
with fellow caregivers



WHO SHOULD ATTEND

Family caregivers
professional caregivers
anyone supporting a loved one

HIGHLIGHTS

- Free event!
- Learn about community programs and support networks
- Meet experts and ask questions

QUESTIONS? CONTACT:

815-226-4901 or info@nwila.org

BROUGHT TO YOU BY:



NIAAA



HONORING OUR VETERANS



“Freedom is never free.”

**This Veterans Day, we proudly salute
all who have served our country.**

**Your courage and sacrifice
are deeply appreciated.**

PLEASE NOTE:

**Our office will be CLOSED on
November 11th in observance of
Veterans Day.**

Thank you, veterans, for your service!

FREE!



COMMUNICATION DEVICE

Receive a WiFi only, 64GB iPad to assist with communication for individuals with a permanent speech disability.

QUALIFICATIONS:

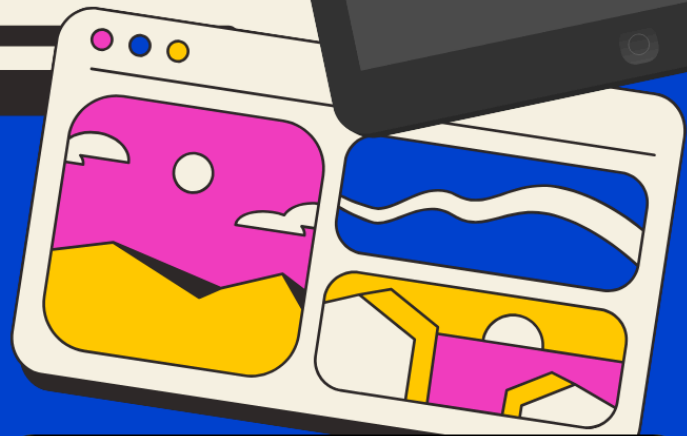


- Resident of Illinois with a permanent speech disability
- Have active phone service (standard, cellular, pre-paid)
- Complete your application, loan agreement, and have your certification signed by your Speech-Language Pathologist



SPECIFICATIONS

- WiFi only
- 64 GB
- Silver
- 10.9 in display
- USB-C charging port
- Otterbox case



APPLY TODAY!



RAMP DISABILITY
RESOURCES & SERVICES

Pumpkin Ricotta Stuffed Shells



Ingredients

6 ounces jumbo pasta shells (about 12 jumbo pasta shells)
1 1/4 cups ricotta cheese, part skim
3/4 cup pumpkin
1/2 teaspoon garlic powder (or 2 cloves garlic, minced)
2 tablespoons basil
1/4 teaspoon sage, dried
1/2 teaspoon salt
1/2 teaspoon black pepper
1/2 cup grated parmesan cheese, divided
1 cup spaghetti sauce (low sodium)

Directions

Preheat oven to 350 °F.

Cook pasta shells according to package directions. Drain and place each on a baking sheet to cool.

In a medium bowl, stir together ricotta, pumpkin, spices, and all but 1 tablespoon of the cheese. Reserve the 1 tablespoon cheese for topping.

Spread pasta sauce in the bottom of a baking dish that holds all the shells in a single layer. Fill each shell with about 3 tablespoons of pumpkin mixture and place shells close together on top of the sauce.

Cover pan with foil and bake for 30 minutes. Remove foil, sprinkle with remaining cheese, and bake for 15 minutes more.

Apple Chunk Cake



Ingredients

1 1/4 cups sugar
1/4 cup vegetable oil (or cooking oil of choice)
2 large eggs
2 cups flour
1 teaspoon salt
1 teaspoon cinnamon
1 teaspoon baking soda
4 cups apples, divided (2 cups chopped into chunks, 2 cups sliced)
1/4 cup unsweetened applesauce

Directions

Wash hands with soap and water.

Preheat oven to 350 degrees F.

In a large bowl, mix sugar, oil and eggs together. Beat well.

In a separate bowl, combine flour, salt, cinnamon, and baking soda. Add to egg batter and mix well.

Add 2 cups of apple chunks and applesauce to the batter. Stir to combine.

Coat an 8x8-inch baking pan with vegetable oil spray and pour in batter.

Bake until done, about 1 hour.

Place 2 cups of apple slices on top of apple cake and serve.



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**

NOVEMBER IS NATIONAL FAMILY CAREGIVER MONTH

Celebrating the Heart of Caregiving

Family caregivers provide essential support to loved ones every day, often balancing work, family, and personal responsibilities. This month, we honor your dedication, compassion, and strength.

Did you know?

- ♥ 1 in 5 adults in the U.S. are family caregivers.
- ♥ Caregiving can impact physical, emotional, and financial well-being.
- ♥ Support and resources are available to help you thrive.



You Are Not Alone

Join us for:

- Caregiver support groups
- Wellness resources and respite programs

For more information and resources, contact;

☎ 815-226-4901

✉ info@nwilaaa.org

🌐 www.nwilaaa.org

#FamilyCaregivers #ThankYouCaregivers #NationalFamilyCaregiver



Stress-Busting Programs

Dementia & Chronic Illness



When & Where

Wednesdays for 9 Weeks
January 7th-March 4th

10:00 AM-11:30 AM- Northwestern Illinois Area Agency on Aging, 1111 S. Alpine Rd, Rockford, IL. **DEMENTIA FOCUS**

2:00 PM-3:30 PM- Lifescape Community Services, 615 N. Longwood St, Rockford, IL. **CHRONIC ILLNESS FOCUS**

5:00 PM-6:30 PM- Lifescape Adult Day Program, 1330 S. Alpine Rd, Rockford, IL. **DEMENTIA FOCUS**

Contact

Registration Required!
Call 815-490-1107
Limited to the first 10 participants per class



FREE FOR CAREGIVERS!
Take-home gifts are provided each week to help with stress management

Program Details

The Stress-Busting Program (SBP) for Family Caregivers™ is an evidence-based program that provides support to family caregivers of persons with dementia or a chronic illness. It has been proven to improve the quality of life for family caregivers who provide care to an older loved one, helping them 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

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: Facing Challenges
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



Stroll on State

Saturday, November 29, 2025

2 PM to 9 PM in downtown Rockford, Illinois.



Stroll on State is held annually on the Saturday after Thanksgiving--Small Business Saturday--and is the Rockford region's kick-off to the holiday season. The free community event in downtown Rockford features a parade, fireworks, tree lighting, musical performances, surprise visits from Santa, and so much more! Stroll on State is about experiencing the awe and wonder of what a community can do together.

Here's a timeline of what to expect on Saturday,
November 29:

🏃♂️ Dasher Dash 5K starts at 12 PM at Beattie Park

👴 Stroll on State Parade starts at 2 PM at S. Main Street at Chestnut Street and will move north to State Street

🎄 City Christmas Tree Lighting will happen at 6 PM at Main and Elm streets

🌟 Skyline Fireworks will light up the sky starting at 8:30 PM. The fireworks will be launched off the Jefferson Street bridge

For a full event line-up, visit
www.strollonstate.com

Happy Thanksgiving

As the season of gratitude approaches, we want to take a moment to say thank you to our wonderful community. Your friendship, support, and smiles make every day brighter, and we're truly thankful for each of you.

Holiday Office Closure:

Please note that our office will be closed on Thursday, November 27th and Friday, November 28th, 2025 so our staff can celebrate with their families. We'll be back to assist you on Monday, December 1st, 2025.

A Few Ways to Enjoy Thanksgiving:

- Share stories of gratitude with family and friends—it's the perfect time to reminisce and connect.
- Enjoy a favorite seasonal recipe or something cozy from your childhood.
- Take a quiet moment to appreciate the little things—warm blankets, the aroma of home-cooked meals, and laughter that fills the room.

From all of us at NIAAA, we wish you a Thanksgiving filled with comfort, joy, and cherished memories.

